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FOCUS ON CONTINUING EDUCATION {pages 21-27}



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News worth sharing.

Out of range



▶ Rangers centre Derek Stepan celebrates a goal by teammate Daniel Girardi as Flames defenceman Jay Bouwmeester looks on. The Rangers won the game 2-1. Story, page 28.

FRANK FRANKLIN II/THE ASSOCIATED PRESS

Rangers edge Flames at MSG

Rescue effort hits snag in N.Z.

Officials fear time may have run out on 29 miners {page 6}

Read his lips: No new spending

Finance minister promises thrifty federal budget {page 10}

Sherman holds his ground

Ousted MLA stands behind his comments about former health minister Will sit as an Independent Tory whip calls ouster 'an issue of caucus discipline'

A member of the Alberta legislature who was suspended from caucus yesterday for criticizing his government colleagues over health care is refusing to back down.

"I'm not quitting and I'm not crossing the floor and I'm not going to stop advocating for patients," said Edmonton Conservative and emergency room physician Raj Sherman.

"For me, it's a matter of principle. I took an oath as a physician. It's a covenant that I make to patients. I have a moral and ethical duty to report to the public what's happening."

Tory whip Robin Campbell confirmed that Sherman, parliamentary assistant to the health minister, will be off the government's benches until he meets certain conditions, although Campbell wouldn't say what those conditions are.

"Raj was given some direction. Those directions were not followed," said Campbell. "Raj knows what he has to do."

Sherman, who said he hadn't decided what his next move would be, didn't sound in a retracting mood yesterday.

"The government knows what it has to do to stop me from advocating," he said. "The system must be fixed."

THE CANADIAN PRESS

Tumultuous week

In an email last week that became public, Raj Sherman, parliamentary assistant to the province's health minister, ripped both his government and Premier Ed Stelmach for their handling of the health file.

- He later apologized for the missive and shifted his attacks to the bureaucrats who run the system.
- Then, on Friday, he turned his guns on former health minister — now energy minister — Ron Liepert.
- Sherman called Liepert rude and offensive to front-line health staff.

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Local Rider fans let hope bloom

One day after the Saskatchewan Roughriders put an end to the Calgary Stampeders' Grey Cup hopes, local fans of the Green Machine were entertaining dreams of a possible championship.

Saskatchewan's 20-16 victory in the West Final Sunday earned them a trip to Edmonton for a shot at Grey Cup redemption against the Montreal Alouettes.

The Roughriders lost on a last-second field goal to the Als in the big game last season.

Saskatchewan fan Steven Robson, who attended the West Final, believes this year's result could be much different.

"The Riders will win ... I hope," Robson said, chuckling.

"They're playing really well right now."

Fellow Riders fan Gunnar Godhe also braved the bitter temperatures for Sunday's meeting. He said Saskatchewan's air attack was the difference against Calgary and will again be key come Grey Cup time.

"I think all of us that bleed green want to forget last year," he said.

"I think if Saskatchewan can keep their passing game going, they have got a good shot."

Kickoff for the 98th Grey Cup is set for 6 p.m. this Sunday.

JEREMY NOLAIS

JEREMY NOLAIS/FOR METRO



▶ Saskatchewan Roughriders fan Steven Robson, of Calgary, is hoping to track down tickets for this weekend's Grey Cup in Edmonton.

Top cop rewarded with new contract

Vote to extend Hanson's deal was unanimous Contract, set to end in 2012, extended to September 2015



KATIE TURNER
CALGARY@METRONEWS.CA

KATIE TURNER/FOR METRO



▶ Mike Shaikh, centre, of the Calgary Police Commission, along with Mayor Naheed Nenshi, announced police Chief Rick Hanson will be kept on for at least five more years.

Results

- Hanson's contract extension was based in part on the positive results of the 2010 citizen satisfaction survey.
- 93 per cent of people indicated an overall satisfaction with the Calgary Police Service.
- 91 per cent said they believe Calgary is a safe place to live.

Exceptional performance has landed Calgary's police chief a pay raise and three extra years on the job.

Police Chief Rick Hanson said he's looking forward to following through with long-term goals.

"Some of the most innovative things we're doing today relate to the partnership between the city, between so many agencies ... what we're doing is so unique in targeting the root causes of crime here," he said.

Hanson said the work of the Calgary Police Service is a partnership between the officers, the City of Calgary and numerous civic partnerships.

"It's a great honour, actually, to be the chief in this city. Not only because Calgary is a great city with great people but it's got 2,500 men and women who devote so much time and effort to keeping the city safe," said Hanson.

Mayor Naheed Nenshi said his job is made easier knowing Hanson is at the helm of the police force.

"Chief Hanson has been an extraordinary leader, not only for the Calgary Police Service but for Calgary as a whole," said Nenshi.

The value of Hanson's new deal was not disclosed.

Sorry to burst your bubble, but no soccer for a while

Hundreds of athletes will be without indoor fields after the bubble structure at the Subway Soccer Centre collapsed yesterday.

Around 10:30 a.m., someone driving by reported the structure was deflating, said Brian McAsey of the fire department.

There was one employee in the building at the time but he was uninjured.

"Somehow the atmosphere that's within there, it lost pressure so what happened was it rapidly, sort of like a balloon, let all the air out," said McAsey.

McAsey said that one of the seams of the building was torn, which could have contributed to the deflation. KATIE TURNER

Collapse

- The centre hosts both indoor soccer and lacrosse.
- This is the second time in two years the bubble has collapsed.
- Repair costs were around $1 million last time the structure fell.

News in brief

Seven hurt in home invasion

DIDSBURY. Seven people were taken to hospital Sunday after two men wearing balaclavas stormed into a Didsbury home and deployed a can of bear spray. The men then attacked three of the occupants with a hammer and hatchet, say police. RCMP believe the occupants were specifically targeted. METRO

Death followed struggle: RCMP

AIRDRIE. The investigation into an Airdrie man's death reveals there was a struggle between the victim and a known man, say RCMP.

Robert Preston Lochead, 36, was found dead Saturday. METRO

1 news

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Allan Small tells investors why guaranteed investments may not be as sound as they seem. More at metronews.ca/investing

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Bolivia welcomes U.S. official with a stern lecture on U.S. behaviour. Scan the code for the story.

Schools seek to dodge pest invasion

After reports a University of Calgary residence had been infested with bedbugs, other post-secondary institutions in town admit precautions have been taken to prevent the spread of the pesky critters.

Mount Royal University had one confirmed case of bedbugs in an on-campus townhouse earlier this semester, said Natasha Reynolds, assistant manager of residence services.

She recalled one student moving out of the townhouse and exterminators spraying the residence multiple times.

"We hadn't had reports of bedbugs for two years, so we didn't anticipate anything major," Reynolds said.

At SAIT, residence staff underwent training specifically regarding bedbugs last week and have procedures in place should an outbreak occur, said spokesperson Heidi Sparks.

"There is a notice being produced that's going to be put up in our residences to help educate students on bedbugs," she added.

U of C officials were once again not available for comment yesterday.

JEREMY NOLAIS

Biting back

- Sealing a mattress in plastic film can reduce the likelihood of a bedbug infestation.

1,900

More than 1,000 students live in SAIT residence and roughly 900 individuals call Mount Royal University campus home.

CRIME PREVENTION

Proceeds of crime to help youth

Some of the cash from the seizure and sale of criminal property in Alberta is going into a fund for at-risk youth.

Justice Minister Alison Redford says $150,000 will be divided among nine community projects for young people who are vulnerable to criminal activity.

The projects include a music program in Calgary, several mentoring initiatives and a safe drop-in centre in Edmonton for youth struggling with their sexual identity.

Redford, who made the announcement in Calgary, says meaningful crime prevention must address the underlying causes of criminal behaviour, especially in young people.

THE CANADIAN PRESS

Centre's clients struggling: Survey

Clients at the Calgary Counselling Centre are not climbing out of the recession at the same rate as others, according to a new survey from the centre.

In this year's survey, 46 per cent of respondents said their economic situation has worsened since 2009, and many don't have a plan to deal with those changes.

"We're going to do the survey until we see changes on the part of the respondents," said Robbie Babins-Wagner, the centre's CEO.

METRO

Break-in leads to chase, say RCMP

A break-in at the Standard Co-op store quickly turned into a wild chase in the early hours yesterday.

Two individuals reportedly backed trucks up to the store's front doors and entered around 1:15 a.m. The store's manager watched the thieves, then followed as they sped off. Moments later, the trucks turned and crashed into the manager's vehicle, causing significant damage.

Strathmore RCMP are searching for two damaged Ford trucks.

METRO

ANDREW VAUGHAN/THE CANADIAN PRESS



▶ Alberta Finance Minister Ted Morton, shown in this June 2010 file photo, remains steadfast that the Alberta government will be back in the black by 2013.

Recession hit Alta. harder than expected: Morton

2009 worst year in Alberta's economic history, says finance minister
But, he adds, 'This should turn around — if not this year, then next year'

Numbers from the Alberta government suggest last year's recession was a lot tougher on the province than anyone thought.

The government's second-quarter fiscal update shows that income tax revenue this year is likely to be more than $1.1 billion less than expected. But Finance Minister Ted Morton is sticking to his pledge to return the books to black ink within three years.

"We're on track for a balanced budget in 2013," Morton promised yesterday even as finance officials reported that the province's 2010-11 deficit is now predicted to be $5 billion — another $257 million deeper in the hole from the last update.

The projected $5-billion deficit is to be covered out of the province's sustainability fund so as not to create permanent debt.

Morton called 2009 the worst year in Alberta's economic history and acknowledged that an overestimate in income tax revenue is already affecting the planning for next year's budget.

But the provincial economy is already turning around, as employment numbers improve thanks to a booming oilpatch, he said. "What I don't want to see happen is a rerun of the 1980s and 1990s, where we're running up annual deficits and just say we're growing our way out of this. The next thing they knew they'd run up $20 billion worth of debt."

Opposition critics say that's exactly what could happen again. "We are seeing the deficit increase again," said Liberal Hugh MacDonald. "I would rather doubt that there will be a return to back-in-the-black."

With probably no more than two years before the next provincial election, the Tories are more likely to use their rainy-day fund to avoid making painful cuts and keep popular projects on the books, MacDonald warned.

"We have to be very careful that the $11-billion sustainability fund doesn't become the Conservatives' re-election fund."

Wildrose MLA Rob Anderson was even more skeptical. "The new normal in Alberta is now billions of dollars in debt every year," he said. "We are quickly moving toward a province that is fiscally unsustainable."

Anderson predicted that at the rate they are going, the Tories are likely to burn through the sustainability fund in a couple of years. He suggested the government's real deficit is actually $7.7 billion, if money borrowed to finance infrastructure projects is included.

THE CANADIAN PRESS

Not as planned

The fiscal update also revealed a few other significant changes to government projections.

- While personal income taxes were down, corporate income taxes came in $577 million above budget projections.
- Land sales and leases to the energy industry have done spectacularly well, bringing in over $1.4 billion more than expected.
- But disaster and emergency assistance for floods, fires and fighting the mountain pine beetle put an unanticipated $534 million dent in the bottom line.
- The strong Canadian dollar also cost Alberta $326 million in royalty revenues.

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By **Jamie Golombek**
Managing Director,
Tax and Estate Planning,
CIBC

Few things in life are as certain as taxes, but since January 2009 Canadians have had access to a valuable exception: the Tax-Free Savings Account (TFSA). A versatile, tax-efficient and flexible savings solution, TFSAs are a great complement to almost any individual's overall financial plan.

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Additionally, there's an added incentive to those who have yet to open a TFSA account to do so now. You now have the opportunity to contribute up to $10,000 for 2010 as your carry-forward amount builds each year.

To take advantage of this tax-saving opportunity, talk to an advisor about how a TFSA could help you reach your financial goals, whether you're looking to save for today's needs or your dream retirement. An advisor can also help you select the options that best align to your personal financial needs from savings accounts and GICs to mutual funds, managed portfolios and brokerage solutions.

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Breakdown delays mine rescue effort

Mechanical issues hamper attempt to locate missing miners No confirmation of survival yet

The bid to rescue 29 New Zealand coal miners trapped underground by a massive gas explosion ran into more problems today as a mechanical robot broke down inside a tunnel and hard rock layers slowed progress on drilling to test the air.

Police Supt. Gary Knowles said the army robot sent in to transmit pictures and assess toxic gas levels was damaged by water and is out of commission. Authorities were urgently seeking other such robots from West Australia and the U.S. to replace the broken one, Knowles said.

"I won't send people in to recover a robot if their lives are in danger," he said. "Toxicity is still too unstable to send rescue teams in."

WILLIAM WEST/GETTY IMAGES



▶ Friends of the 29 missing coal miners comfort each other.

Making matters worse, the drilling team boring into the mine tunnel had hit "very hard rock" overnight, Knowles said.

The police superintendent's statements came as rescuers waited impatiently for a chance to test whether air quality underground was safe enough for them to go in to pull out the miners, who have been trapped for nearly five days.

Family members have expressed frustration with the pace of the response as officials acknowledge it may be too late to save the miners, who have not been heard from since a massive explosion ripped through the Pike River Mine on the country's South Island on Friday.

THE ASSOCIATED PRESS

Toronto. Sex laws



▶ Dominatrix Terri-Jean Bedford, right, is hugged by friend and fellow sex worker Valerie Scott outside an Ontario Court of Appeal yesterday.

AARON VINCENT ELKAIM/THE CANADIAN PRESS

Court considers prostitution law

Bowing to speculation that Canada will be plunged into a wild social experiment in prostitution if a landmark court ruling stands means turning a blind eye to violence against sex-trade workers, court heard yesterday. It's now up to an Ontario Appeals Court judge to decide if what amounts to decriminalized prostitution should come to the province, as another judge ruled, or if the ruling should be put on hold to allow Parliament to craft stop-gap measures.

Don't allow polygamy, B.C. warns judge

A lawyer for the British Columbia government is warning a judge that declaring polygamy a protected religious practice would make Canada the only Western country to allow multiple marriages.

The British Columbia Supreme Court is examining whether banning polygamy violates the Charter of Rights and Freedoms in a case that will focus on the small polygamous community of Bountiful, B.C.

Craig Jones, a lawyer for the province, says he'll present expert evidence suggesting the decline of polygamy has been "inextricably entwined" with the growth of Western democracy and equality-based societies.

Jones says all forms of polygamy contribute to the discrimination of women and the sexualization of young girls.

He says that during the hearing, the court will hear evidence that polygamy in Bountiful and other fundamentalist Mormon communities in the United States leads to child brides, teen pregnancies and the trafficking of young girls.

The B.C. government asked the court last year to decide whether Canada's polygamy laws are constitutional after repeated failures to prosecute the two leaders of Bountiful.

THE CANADIAN PRESS

JONATHAN HAYWARD/THE CANADIAN PRESS FILE



▶ Winston Blackmore, leader of the polygamous community of Bountiful, B.C., shares a laugh with some of his daughters and grandchildren in this 2008 photo.

No TV

- A B.C. Supreme Court judge has turned down a CBC application to televise proceedings at the hearing.
- Before opening statements from the Crown began, the court heard an application calling for the right to broadcast the proceedings on the Internet, radio and TV, which would be a first for a B.C. court hearing.
- But Justice Robert Bauman turned down the request, citing the lack of consent from the attorney general of Canada — even though the attorney general of B.C. agreed to allow the CBC to provide pool coverage for all Canadian broadcasters who were interested.

29 Chinese miners lifted to safety

All 29 miners trapped in a flooded Chinese coal mine were lifted to safety yesterday, ending a daylong rescue drama, state media reported. The miners were trapped Sunday morning after the small Batian mine in southwest Chinas Sichuan province suddenly flooded. Rescuers initially thought only 28 were trapped but made contact with the workers and revised the figure upward to 29. China's mines are the deadliest in the world, with more than 2,600 people killed in coal mine accidents in 2009 alone. THE ASSOCIATED PRESS

Boy briefly detained

A 13-year-old U.S. boy campaigning to turn the demilitarized zone between North and South Korea into a peace park tried to get the Chinese president's attention yesterday, staging a brief protest near Tiananmen Square before being led away by police. Jonathan Lee unfurled a sign saying "peace treaty" and "nuclear free DMZ children's peace forest" as he stood near the square in central Beijing. Police held Lee and his mother for a few hours.

THE ASSOCIATED PRESS

HOANF NI DAM/GETTY IMAGES



▶ Jonathan Lee

Anti-bullying legislation passed

A New Jersey law against bullying in schools, which advocates call America's toughest because it requires schools to develop anti-harassment programs, was approved yesterday.

The state General Assembly and Senate both passed the bill overwhelmingly and sent it to the desk of Republican Gov. Chris Christie.

The bill would require anti-bullying programs in public schools and language in college codes of conduct to address bullying.

THE ASSOCIATED PRESS



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Cambodian fest turns tragic

Celebration in capital city turns into chaos on final day Hundreds reported dead and injured

Thousands of people stampeded during a festival in Phnom Penh last night, leaving more than 345 dead and hundreds injured. The crowd — who were celebrating the end of the rainy season on a sliver of land in a river — tried to flee over a bridge and were crushed underfoot or fell over its sides into the water.

Ambulances raced back and forth between the river and the hospitals for several hours. Calmette Hospital, the capital's main medical facility, was filled to capacity with bodies as well as patients, some of whom had to be treated in hallways.

Prime Minister Hun Sen ordered an investigation into what caused the stampede and declared Thursday a national day of mourning.

THE ASSOCIATED PRESS

Pushed to panic

Authorities estimated over two million people would come to Phnom Penh for the three-day festival to see boat racing.

- The last race ended early yesterday evening local time, and the panic started later on Koh Pich — Diamond Island — a long spit of land wedged in a fork in the river where a concert was being held.
- The panic began when about 10 people fell unconscious in the crowd.
- The chaos led to a stampede, with many people caught underfoot.
- A witness who arrived shortly afterward described the scene as bodies stacked on bodies."

HENG SINITH/THE ASSOCIATED PRESS



A crowd of Cambodians are pushed onto a bridge on the last day of celebrations of a water festival in Phnom Penh, Cambodia, yesterday. Thousands of people celebrating a water festival on a small island in a Cambodian river stampeded in the evening, killing at least 345 people, a hospital official said. Hundreds more were hurt as the crowd panicked and pushed over a bridge to the mainland.

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War. Homecoming



▶ Jessica DeLeon kisses her fiancé, 2nd Lt. Allen Diamond, as members of the Connecticut Army National Guard greet their families on the tarmac yesterday at Bradley Airport in Windsor Locks, Conn.

SEAN D. ELLIOT/THE ASSOCIATED PRESS

A sight for sore eyes in Connecticut

With the war in Afghanistan showing no sign of subsiding, it has been a week to remember for the members of the 1st Battalion who returned home over the last few days. More than 600 soldiers in total have returned according to Col. John Whitford, director of communications for the Connecticut National Guard.

Baby boomers cant get no satisfaction

56% of women say their sex-drive has decreased with age

Baby boomers in the U.S. are the unhappiest age group when it comes to their sex life.

Yet, a majority of boomers think they have learned just about all there is to know on the subject — and more women than men are confident of their knowledge — according to a new Associated Press-LifeGoesStrong.com poll.

Among people aged 45 to 65, 59 per cent of women think they know all about sex, while just 48 per cent of men share that confidence level.

"I don't think a single person in the whole world knows all there is about sex," commented Debby Herbenick of the Center for Sexual Health Promotion at Indiana University.

"Women historically have more resources," to learn about sex, noted Jennifer Bass, director of communications at the Kinsey Institute for Sex, Gender and Reproduction.

Among age groups, baby boomers are the unhappiest with their sex lives. Some 24 per cent say they are dissatisfied, compared with 12 per cent of 18-29 year olds, 20 per cent of 30-44 year olds and 17 per cent of those over 65.

A majority of female boomers — 56 per cent — say their sex drive has decreased as they have gotten older, compared with 46 per cent of men.

Seventy-two per cent of men aged 45-65 have fantasized about having sex with someone other than their sexual partner at the time, compared with 48 per cent of women.

The AP-LifeGoesStrong.com Poll of the boomer generation about sex and relationships was conducted Oct. 1-10, by Knowledge Networks. It involved online interviews with 945 adults between the ages of 45 and 65, as well as companion interviews with an additional 587 adults of other age groups, ages 18-44 and over 65 years of age.

THE ASSOCIATED PRESS

Sexual divide

The 60s heralded the sexual revolution, but has that generation maintained its appetite?

- **The APLifeGoesStrong** poll found that of those aged 45 to 55, 48 per cent of men complained that their partners do not want to have sex as often as they do, while just 13 per cent of women in that age group said the same.
- **The poll** also found that with baby boomers, 28 per cent of men and 21 per cent of women are dissatisfied with their sex lives.

10 A string of 10 such robberies in early October led to the firing of 19 police battalion leaders.

Rio hijack murder

Armed men who used roadblocks to trap and rob drivers killed a man over the weekend in Rio de Janeiro.

THE ASSOCIATED PRESS



Market moment

PRICES AS OF YESTERDAY

TSX	Dollar
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Oil	Natural gas
– 24¢ US ($81.74 US)	1,000 cu ft $4.271 (+ 10.7¢)

Gold contracts $1,357.80 (+ $5.50)

Big spender no more: Flaherty

Ottawa cannot afford to risk the economic recovery, says minister

Ottawa cut business taxes to spur job creation but plans no major new spending programs in the coming budget as it tries to tame the deficit, says Finance Minister Jim Flaherty.

In a speech yesterday, Flaherty said the federal government will move ahead with plans to reduce taxes for small and medium-sized businesses next year, part of legislation passed in 2007.

Flaherty said an academic study of the plan concluded it would lead to $49 billion in greater capital investment and 233,000 new jobs in Canada in the years ahead.

"To increase taxes on businesses now, as some of our opponents are proposing, would put hundreds of thousands of jobs in jeopardy at a time when our economy remains fragile," the minister told the Oakville Chamber of Commerce as part of his pre-budget consultations.

The 2011-12 federal budget is expected in late February or early March.

Flaherty has warned for months that Canadians should not expect any new spending programs in the coming budget that would trigger a rise in the deficit.

In fact, Ottawa will begin to pare down its deficit beginning this year with spending restraint and the elimination of waste.

THE CANADIAN PRESS

Bernier's view

In Montreal, Conservative MP Maxime Bernier predicted Flaherty will table a tough budget next year.

Bernier said: "We will have to cut spending without increasing taxes, without cutting transfers to provinces and we will have to look in our own court and we will do it."

Buy your doughnuts on debit ... finally

CARLOS OSORIO/TORSTAR NEWS SERVICE



▶ Roland Walton, Tim Hortons chief operations officer for Canada, buys a coffee on his debit card.

After years of steadfast resistance, Tim Hortons Inc. is bowing to consumer pressure and will now accept debit-card payments in the bulk of its Canadian stores, Torstar News Service has learned.

Canada's iconic coffee chain, which is set to announce its national debit rollout today, says customers have been increasingly asking to pay with their bank cards.

The move comes about three years after the company first gave consumers the option of paying by MasterCard and a reloadable Tim Card.

With non-cash payments the wave of the future for restaurants, Tim Hortons is finally confident the technology won't slow down its service.

TORSTAR NEWS SERVICE

Netflix. Mail-free



▶ After the announcement of a new mail-free, web-based subscription plan yesterday, Netflix CEO Reed Hastings bet that DVDs will soon face the same fate as the VHS tape.

PAUL SAKUMA/ THE ASSOCIATED PRESS

The death of DVDs?

Wireless printing for iPad

Apple says new software made available yesterday will allow owners of the iPhone, iPod Touch and iPad to print wirelessly over Wi-Fi networks.

The update will also allow iPad users to switch quickly between applications for the first time, a feature that had already been available on recent models of the iPhone and iPod. THE ASSOCIATED PRESS

Bad Apple

▶ While the company's mobile gadgets can connect to computers for transferring files, they don't have ports for hooking up with printers or USB drives.

Shoppers sued by owners

Shoppers Drug Mart Corp. says it's being sued for $1 billion by two of its licensed associate-owners, who are alleging breach of contract by the Toronto-based company.

Shoppers announced few details of the alleged infractions except to say the plaintiffs, who are seeking class-action status, claim Shoppers kept or collected money or benefits beyond what was contractually permitted. The company, which has a network of independently owned stores, says it believes the claims are without merit. If the suit is granted class-action status, the plaintiffs and their lawyers would sue or negotiate on behalf of all associate-owners and share any compensation.

THE CANADIAN PRESS

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MOM AND DAD, IS THAT REALLY YOU?

She says ...

JESSICA NAPIER



I hate to admit it, but my parents are 100 per cent cooler than me and they always have been.

I have a beautiful retro photograph of a 24-year-old version of my mother wearing high-heel clogs posing against a motorcycle somewhere off the 101 freeway in California. Every time I look at it I wonder, who is that hot young thing and why the hell did she throw away those gorgeous shoes? All of the old Polaroids of my long-haired, short-short wearing father evoke the same sort of reaction.

Are these people really my parents?

As children it's hard to imagine, but the older we get the more we come to realize that, yes, mom and dad did have a life before we came along, and it was pretty awesome.

As I rummage through the photo albums of my parents' past I can't help but feel nostalgic for them and also a little bit guilty. Am I responsible for turning these freewheeling, cowboy-boot wearing flower children into responsible adults with a mortgage and a minivan?

"Theirs was a passionate generation that embraced recreational drug use, free love and real political activism."

Crowd-sourced photo blog myparentswereawesome.tumblr.com/ celebrates the lives of moms and dads before the house in the suburbs and the sensible footwear. Creator Eliot Glazer asks contributors to submit photographs of "parents when they were super-awesome." The result is a beautifully curated collection of weathered images that feature feathered hair, outrageous fashions and plenty of oversized glasses.

Growing up in the '60s and '70s, our parents couldn't help being hip. Theirs was a passionate generation that embraced recreational drug use, free love and real political activism. They had better music, better clothes, better facial hair (outstanding Movember 'staches aside) and probably a lot more fun.

What do we have? Sky-high rent, digital friendships and bedbugs.

To this day I know my parents still are a little bit cooler than I'll ever be (even though they still own that minivan). I'm pretty sure that had we been the same age in their youth they wouldn't have even hung out with me. Back then they were rebellious hippies that travelled the world. Today, they're just greying versions of those same adventurous people.

I did eventually get myself a pair of clogs. I thought they were pretty great. When I showed them to my mother she just rolled her eyes and laughed, "Those are nice darling, but I had the originals."

Read more of Jessica Napier's columns at metronews.ca/shesays

Cartoon

MICHAEL DE ADDER



Sink your teeth into this

Worth mentioning

With their pointy teeth and fearsome reputations, sharks may not be the best poster child for species in danger, but environmentalists say the predators are in dire need of protection.

Marine experts and conservation groups hope an Atlantic conservation conference in Paris this week will bolster what they say are disastrously inadequate rules on shark capture.

Conservation group Oceana wants delegates to toughen the existing ban on shark-finning — the practice of slashing prized fins off the animals and tossing them overboard to die — as well as prohibiting the capture of some threatened Atlantic sharks and setting catch limits for others.

Conservation groups say the rise of Asia's middle class, combined with the continent's penchant for pricey shark fin soup, a traditional delicacy, has turned sharks into a lucrative target.

"It's time the world looks at sharks and starts to set serious measures to save them, otherwise these creatures that have been around since before the time of the dinosaur will quickly go the way of the dinosaur," said Matt Rand, director for global shark conservation at the Pew Environment Group.

THE ASSOCIATED PRESS

Disappearing act



Is 3-D just another fad or here to stay?

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Metro Minute with Startup Calgary

Those looking to cultivate relationships in Calgary's technology community won't want to miss Launch Party, tonight at Hotel Arts. Hosted by Startup Calgary, a non-profit organization, the event is open to up-and-coming companies, entrepreneurs, investors, students and service providers. The evening will showcase 10 emerging companies and also provide plenty of opportunity to network.

Tickets are available online at startupcalgary-launchparty.eventbrite.com for $12 apiece. A limited number will also be available at the door for $15. Launch Party gets underway at 6:30 p.m. Hotel Arts is located at 119–12th Ave. SW. METRO

CONTRIBUTED



▶ Startup Calgary is encouraging up-and-coming individuals in the technology community to get noticed at its Launch Party event tonight.

2 scene



▶ Mother Gothel, voiced by Donna Murphy, left, and Rapunzel, voiced by Mandy Moore, are shown in a scene from the animated film, Tangled.

A Disney princess-sized dream: Moore

In animated movie, her character Princess Rapunzel is much more than the damsel in distress, Mandy Moore says Rapunzel story has a feminist streak

NED EHRBAR
METRO WORLD NEWS IN HOLLYWOOD

The classic tale of Rapunzel gets reincarnated once again in Tangled, Disney's 50th animated feature. Renamed because the studio felt last year's The Princess and the Frog would've fared better had it not had the word Princess in the title, Tangled infuses the classic story with a strong feminist streak, with former pop-star Mandy Moore taking on the lead role.

"You can't get more classic than being part of a Disney animated film," Moore says. "For me, that's something I'll have in my back pocket for the rest of my life and I feel so honoured, so lucky, to think this film will be around long after I'm gone."

"To be a Disney princess in a Disney film, it has been a total dream come true."
MANDY MOORE, TANGLED

And it wasn't just career bragging rights that drew Moore to the project. "I loved having the opportunity to portray a young woman who is so fearless," she says. "She's not a victim, she's not naïve; she's open and warm, engaged and spirited and ready to embrace the unknown, whatever comes her way. What I knew about Rapunzel was the sort of damsel in distress who lets down her hair so the prince can save her, and our story kind of flips that on its head."

Moore facts

Disney's 50th animated feature showcases Mandy Moore as Rapunzel.

Pop hits
Moore launched to fame in the late 1990s after releasing pop album I Wanna Be with You.

Background
Born Amanda Leigh Mandy Moore on April 10, 1984, in Nashua, N.H.

Teaching a lesson through a tale of violence

NED EHRBAR
METRO WORLD NEWS IN HOLLYWOOD

Billy Bob Thornton isn't exactly pleased with what's been coming out of Hollywood lately — to put it lightly.

"In our current state of affairs, especially in the entertainment business, we're living in a time when we're making — in my humble opinion — the worst movies in history," Thornton says.

"They're geared toward the video game-playing generation. And these video games, which I'm on my son about constantly, these games are people killing for fun, and I think traditionally in movies there's always been some kind of lesson in the violent movies."

"Most movies are about vampires and 3-D or fantasy movies and war eagles and all these kinds of things."
BILLY BOB THORNTON

It's that idea of a lesson that drew him to his latest film, Faster, a violent tale of an ex-con (Dwayne Johnson) on a bloody quest for revenge against the people who set him up. Thornton stars as a heavily flawed cop on his trail. "This movie doesn't say, 'Oh, here's this fun guy and we're going to do this tongue-in-cheek character right out of a video game who likes to destroy things' and all this kind of thing.

"This movie actually shows what prisons create, what murder creates. It shows this perpetual, violent string of events," he says.

Thornton's character, simply named Cop in the film, has plenty of issues, including drug problems and an ex-wife threatening to strip him of custody to their son.

"One of the flaws in most commercial action movies is that the characters are usually not very developed," Thornton says.

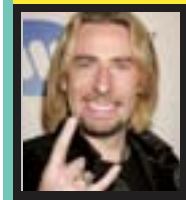
"A lot of times you'll have the movie-star hero and then some bad guys who are just there to be killed by the hero, and they're nameless, faceless people. And as a result, you're usually not afraid of them because you don't see them ask somebody to pass the salt, you don't see them with their kids."

GETTY IMAGES



▶ Billy Bob Thornton

Nickelback



Chad Kroeger and Nickelback were among the big winners at the Society of Composers, Authors and Music Publishers of Canada awards yesterday. They won for the songs Gotta Be Somebody and If Today Was Your Last Day. Other winners at the annual awards included Johnny Reid, The Road Hammers, George Canyon, Doc Walker and Great Big Sea. Spirit of the West was presented with the National Achievement Award for its career.
METRO

Inside the Disney Vault: Epic Mickey video game draws on Disney history

Buy it | Rent it | Borrow it | Yawn | Don't bother



Movie is just a bit blah

Eat Pray Love
(Sony Pictures)
½

It's munch, babble, yawn as TV director Ryan Murphy (Nip/Tuck, Glee), combines his mastery of the superficial and a vapid best-seller for a big-screen non-event.

Based on Elizabeth Gilbert's best-selling empowerment memoir of a year post-divorce, the film stars Julia Roberts, Javier Bardem, Billy Crudup, James Franco and Richard Jenkins.

With a Hollywood cast like this, you could be forgiven for imagining a stellar film could be wrought from the source material. Sadly, Murphy manages to do what Hollywood does best — reducing Gilbert's slim story of a year spent eating in Rome, praying in an Indian ashram and loving in Bali — to something as frothy and shallow as the foam on a caffe macchiato.

Roberts, 42, retains her magnetic smile and supernatural attraction to the camera, but it strains credulity that she could chow down in Rome on everything that doesn't move without serious poundage gain.

In the Indian segment, Jenkins does fine work as the scruffy, bespectacled Texan Richard, who in a better movie could have been an interesting romantic focus.

Bardem, on the other hand, is the love interest in Bali, but viewers hoping for sizzling sex are advised to bank down their enthusiasm — Bardem doesn't show up until 103 minutes into the 2 hour, 20-minute film. By then, we might not care.

Extras are featurettes, most of them on the Blu-ray.

PETER HOWELL

The Expendables

In his latest cinematic eruption actor/director Sylvester Stallone rounds up his entire Facebook posse to crack jokes and help him reload as he initiates violent regime change against a South American dictator.



Jason Statham, Jet Li, Dolph Lundgren, Mickey Rourke, Bruce Willis, Randy Couture, Steve Austin, Terry Crews and even Arnold Schwarzenegger show up for the gangs-all-here action picture. (Jean-Claude Van Damme and Steven Segal begged off from this testerone-fuelled tempest).

Balancing the machismo is the Latin hottie Giselle Itie as the beautiful, politically complicated Sandra. Sly is prepared to get himself and his mates blowed up real good for her spurious love. But at 27, she undoubtedly thinks the 64-year-old Sly's too old for her. Not that this makes much difference, for The Expendables acts as if Father Time was whacked sometime in the 1980s, when most of this muscle-bound crew were in their heyday.

The Expendables might have been a movie about old warriors not going gently into that good night, something along the comic lines of Space Cowboys. Instead, it yawningly snaps into place as yet another series of explosions dressed up with no place to blow.

Extras include a commentary by Stallone, a deleted scene, a making-of featurette and a gag reel. PETER HOWELL

KNOW WHEN TO STOP

The Audio Files



I BORZYKOWSKI
SCENE@METRONEWS.CA

If Andy Warhol were alive today he would have probably added about one minute and twelve seconds to his quote that "everybody will be world famous for 15 minutes."

The extra time is as long as Steven Slater — the ex-Jet Blue flight attendant who famously ended his career by swearing at passengers and jumping down an emergency slide — appears in a rap video advertising a mobile app.

The video, which sees Slater rapping and smirking and looking oddly like Star Wars' Emperor Palpatine, may feature one of the worst hip-hop songs ever made, but he's not the only pseudo-celebrity to try — and fail — at extending fame with a music video. Here are three more must-avoid clips:

Heidi Montag: Blackout

Most people would agree that Hills star Montag should have stuck to faux-reality TV than venture out into the music world, but clearly this is a woman bent on keeping her 15 minutes going. Her video for Blackout, off her 2009 EP Here She Is, consists solely of Montag writhing around a beach in a bikini. It's a little hard to pay attention to the song, but that may be because it sounds more like one of those tunes your friends in grade seven wrote for the school talent show.

Levi Johnston: After Love

At least Bristol Palin's ex had the brains not make a music video that he sings in himself, but that doesn't make me want 4:46 seconds of my life back any less. The Wasilla, Alaksa mayoral candidate and Playgirl centerfold, stars in Minneapolis R&B singer Brittani Sensor's music video for her song After Love. He plays a guy whose girlfriend's mom doesn't approve of her daughter's choice in boyfriend. Sound familiar?

Paris Hilton: Stars are Blind

Hilton's done a lot worse to keep her time in the spotlight going than make an atrocious music video, but after people saw her spot for Stars are Blind you couldn't help but talk about it. The cheesy synth Reggae intro, the heavily edited vocals and the bland chorus (is there even a chorus? It's hard to tell) make this song even worse that Montag's. And, like her reality star cohort, Hilton's video mostly takes place on a beach with her in a bikini. At least they hired a few other actors for the shoot.

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www.CalgaryGemShow.com

Split hard on Cox's daughter

While her marriage to David Arquette has been going through a very public meltdown, Courteney Cox has been putting on a brave face, her Cougar Town co-star Josh Hopkins tells People magazine.

He says the hardest part of the public attention has been Cox's daughter, Coco, noticing.

"The day that the news of the separation broke, there were paparazzi outside of their house, and they were taking pictures when Courteney took Coco to school," Hopkins says. "Coco sees these things,

METRO

Just call her 'Your Highness'

There will be no Princess Katy

Now that she's engaged to Prince William, Kate Middleton is reportedly losing the nickname and going by Catherine, according to Us Weekly.

And it's not a request that came from William's royal family.

"This was not a request by any officials or the Palace. It's a concerted effort from Kate to be taken more seriously," royals expert Katie Nicholls tells the magazine.

"It also dumps the stupid 'Waity Katy' nickname. "'Waity Catherine' doesn't have quite the same ring to it."

METRO



▶ Kate Middleton and her Prince.

Celebrity tweets



Pink [@Pink] Hahahaaaha-haaaaa I can't believe people are mad because I don't think Sarah Palin should be in the rock n roll hall of fame..

Jessica Alba [@jessica alba] Getting some Xmas shopping done -what are ur fav eco gifts 4 kids? Women? Men?



Ben Stiller [@RedHour Ben] Shooting on a rooftop in Queens. Another beautiful day. But it is getting colder by the minute...





Talking points

Lohan can't go home for Thanksgiving

FAMILY TIME. Lindsay Lohan's bid to leave the Betty Ford Center and fly home to New York for Thanksgiving failed, so the troubled actress will be spending the holiday in California with her father, Michael Lohan, according to TMZ.

Michael has been staying in a home near the rehab centre, and while he's been trying to convince ex-wife Dina Lohan and their other children to join them in California to celebrate, Dina reportedly isn't interested.

METRO

Sheen denies he was violent in New York City

LEGAL. Charlie Sheen's lawyers say adult film actress Capri Anderson's claims that the actor was violent toward her during his infamous New York hotel rampage are completely false, according to People magazine.

"Ms. Capri never made any allegation to the police of any wrongful conduct on the part of Mr. Sheen on the night of the incident and she had every opportunity to do so," Sheen's attorney says.

"These allegations against Mr. Sheen are completely false, and are a blatant attempt to cash in on his celebrity."

METRO

Just the wrong song

PAINFUL? Miley Cyrus performed a heartfelt rendition of her song, Forgiveness and Love, at the American Music Awards, but it's not what she was reportedly planning to sing.

"For a while she'd been planning to do Every Rose Has Its Thorn, but then a few days ago she switched it," a source says.

Perhaps not coincidentally, Every Rose Has its Thorn is a cover of a song by Bret Michaels' band, Poison — and Michaels was rumored to be at the centre of Cyrus' parents' divorce.

METRO



Miley Cyrus

Model: Parker hit on me too

Tony Parker has denied any inappropriateness with a teammate's wife in the lead-up to his current divorce battle with Eva Longoria. But now another woman has come forward claiming to have received flirtatious text messages from the basketball star.

"From the minute he met me he was trying it on," British model Sophia Egeler tells the Sun. "I had no idea he was Eva Longoria's husband. He would not take no for an answer."

Egeler claims Parker followed up their meeting by sending her racy pictures and texts, though she says the messages stopped last week when the divorce news broke.

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Urban records his latest album, Get Closer

Overcomes destruction of his equipment from Tennessee floods to record album

Album reads like a love letter to wife, Nicole Kidman Perhaps his most personal album yet

Keith Urban had a difficult decision to make in the days after last spring's flood.

The rising Cumberland River wrecked just about every piece of equipment the country music superstar owned, from priceless vintage guitars to his favourite amps.

He was scheduled to begin recording the tracks that would eventually become Get Closer, and he wasn't sure if he should just scrap the whole thing until later.

"I think any musician will tell you: Give us something to make music with and we make music," Urban said.

"It felt like we had some really good songs for this record. I felt really good about the songs. The band was ready. We had the studio booked. It wasn't that long ago I only owned one guitar anyway. I made a record with very few instruments in the beginning, so it was making the most of what we're given."

He borrowed a guitar from his guitar tech the first week and things went well enough that he decided to keep going.

He added gear over the next few weeks, hitting eBay for a few guitars and amplifiers, and slowly expanded the sonic palette for the album. He used the first guitar he bought off the Internet to lay down the lilting, addictive riff on lead single, Put You in a Song, and never looked back.

"I thought, 'Well, let's explore new sounds, new guitars,' and I think from that a real different – not just a sound, but a different feeling came from this record," Urban said.

He ended up with perhaps his most personal album. The eight-track standard release issued by Capitol Records (there's a 15-song Target exclusive as well) reads like a love letter to his wife, Nicole Kidman, though Urban says the album is really about couples and draws from several wells.

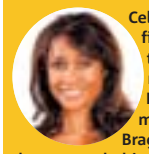
Urban hasn't talked in great detail about his losses since that first week in May. He assumed most of his favourite guitars were destroyed and it was a blow.


▶ Urban greets fans before performing a free concert for winners of a contest conducted by his website from Philadelphia to New York to publicize his CD, Get Closer.

But over the six months since record rains led to 22 deaths in Tennessee and did more than $2 billion US in damage in Nashville alone, luthier Joe Glaser has managed to save some of the most important pieces. Among them is a 1957 Les Paul Goldtop, worth six figures before Urban bought it and much more now that his name is attached to it.

It's a special guitar with an unmatched sound and Glaser realized he was doing more than cleaning and gluing when he reclaimed it. THE ASSOCIATED PRESS

3 life



Celebrity fitness trainer Ramona Braganza, the woman behind Halle Berry's toned silhouette, gives Metro tips on getting ready for the big day:

1. **Exercise:** any form of physical activity will clear your head and make you feel better.
2. **Eat Right:** eliminate simple sugars and sodium before the big day to avoid feeling bloated.
3. **Hydrate:** drink lots of water to keep energized and give your skin a glowing look.

METRO WORLD NEWS



Darvon maker to withdraw painkiller after evidence of heart risks: US agency

Work it

How to get wedding fit

TWISTING LUNGE

- Stand with feet hip-distance apart, holding lightweights in each hand. Take a large step backward with your left foot. Turn around, pivoting your right foot to the left, so that the left foot is now facing forward. Lower the weights to the floor, being careful to keep your left knee in line with the ankle. Pivot back to the centre and repeat on the opposite leg.

SQUATS

- Stand with feet shoulder-width apart, holding your dumbbells by your sides. Imagine you're about to sit in a chair—keeping your back straight, slowly squat down until your thighs are almost parallel with the floor. Slowly push yourself back into a standing position and repeat.

REACHING LUNGE

- Stand with feet hip-distance apart, holding a light set of dumbbells. Take a step forward with your left foot. Reach down to tap the weights to the floor in front of your left foot. Keep your left knee over your ankle and your hips high. Your body weight should be on the front foot. Push off and come back to a standing position.

LUNGES

- Stand with feet hip-width apart, holding dumbbells by your sides. Take a normal step backward with your left foot, and then lower your hips.

METRO WORLD NEWS

Wow at your wedding



A personal trainer to the stars explains how you can look your best on the big day If it worked for Penelope Cruz, it may work for you



ROMINA McGUINNESS
WELLNESS@METRONEWS.CA
METRO WORLD NEWS IN LONDON

"Your wedding is your big day, your moment to shine in front of your friends and family, you'll want to look your best," explains Gunnar Peterson, personal trainer to celebrities including Jennifer Lopez and Penelope Cruz.

Everything becomes magnified on your wedding day. Emotions become more intense and and every fat bulge, is meticulously captured on high-def camera.

"The quality of film is so good that every little imperfection is visible, from a wrinkle to a blemish. The bride and groom can feel self-conscious."

If you're comfortable in your own skin, turn the page. But if you need a little change, read on.

Getting ready for the big day

Most people make time before their wedding to get into better shape.

"People work well to a deadline, so a set date is the first step," says Peterson, who also believes that working towards a goal makes things more achievable. "Once you know you have six months to lose say ten or so kilos, you can devise a plan of action."

If you want quick results, make changes to your fitness regime and integrate exercise into your day-to-day immediately. According to Petersen, you could even jump the gun.

"A guy should start working out before he proposes and a girl should start working out as soon as she thinks the guy is about to propose."

FLICKR CC RASDOURIAN



▶ They will cherish this moment, and their abs, forever.

Working it out

Treat your workout sessions as you would an appointment.

"Allow for an allocated time slot at a time of the day that you know works for you," says Peterson.

Think about what kind of body shape you want. Wedding clothes are figure hugging so aim to develop longer, leaner limbs. Peterson gets his clients to combine cardio vascular moves with light weights for the best results.

"You want to be efficient combine 'big' moves such as squats and lunges with running or aerobics and weights to tone up and burn calorie," says Peterson. "Make small changes, such as cutting out complex carbohydrates from your evening meal."

The reward?

"Eat cake at your wedding," says Peterson, "and have a glass of champagne to go with it."

The honeymoon period

After the wedding, on your vacation, give in to indulgence, even if they are not the healthiest. You'll never get a free pass like this again. Sleep in and allow yourself to drink moderate (moderate!) amounts of alcohol and don't fret if you are not doing as much exercise as you did pre-wedding. Don't, however, keep up this laid back routine once you are back home or all your hard efforts would have gone to waste.

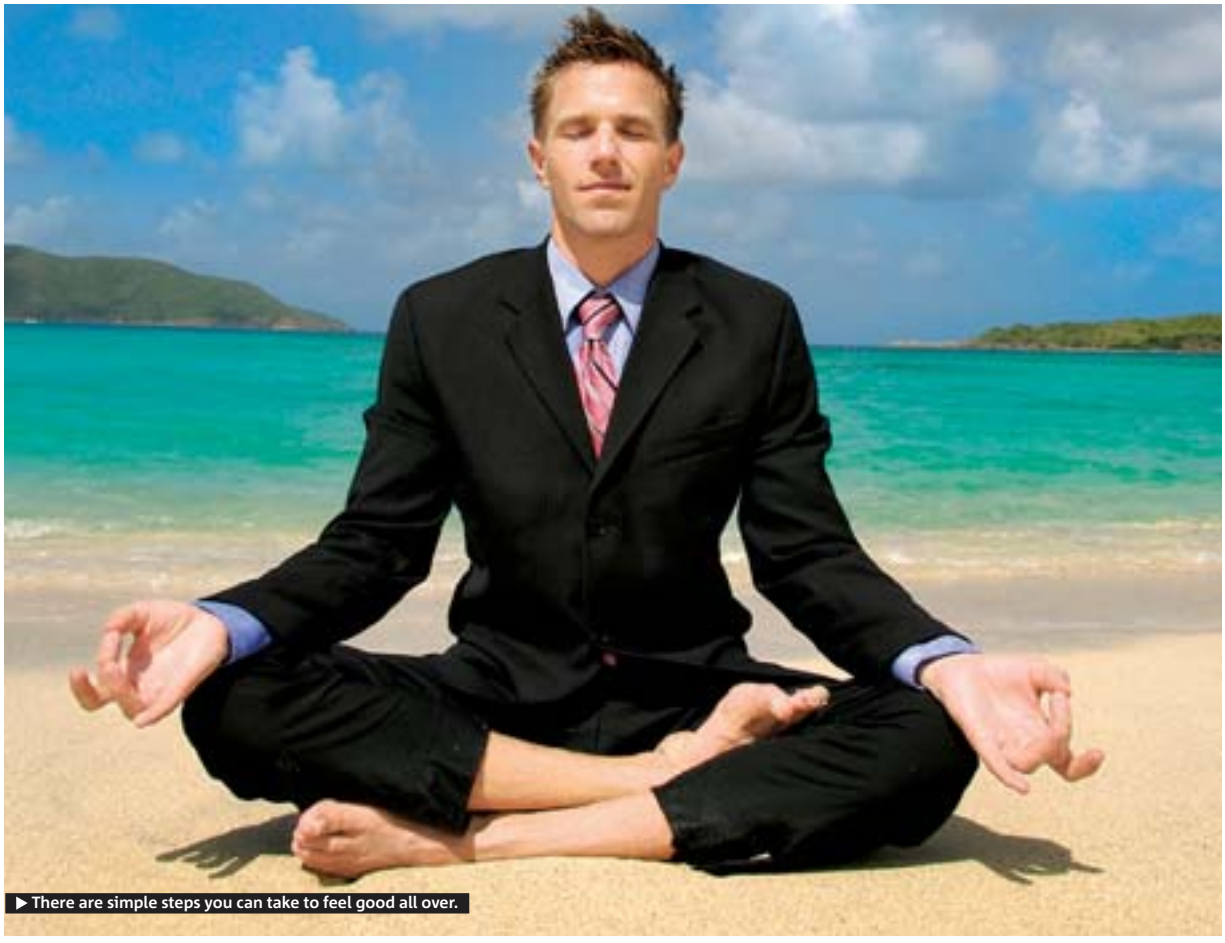
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Head, shoulders, knees and toes

The ultimate health-and-beauty checklist to make you radiant from top to bottom


ROMINA McGUINNESS
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▶ There are simple steps you can take to feel good all over.

Face Off

"Acne is directly linked to the build-up of toxins in the body, which then have to be eliminated via the skin if the liver and bowel are congested," says nutritional therapist Michele Kingston. People who smoke, drink alcohol, and whose diet is high in sugar and saturated fats and low in essential nutrients (fibre and water), will lead to frequent breakouts. So eat lots of fruits, vegetables, whole grains and drink two litres of water daily.

Arms

There are a few things to watch for here. First, Keratosis pilaris, the rough little bumps or "chicken skin" some people get on the back on their arms, is a sign of nutrient deficiencies, particularly essential fatty acids and zinc. Eat nuts, seeds and flaxseed oil. Arthritis is also a painful problem, but the inflammation can be reduced with a diet of antioxidants such as colourful fruits and vegetables, and essential fats such as oily fish and flaxseed oil. As for your bones, cut down on fizzy drinks high in phosphoric acid that strips the calcium from them.

Hair

"Increasing your intake of protein each day, such as fish, meat, eggs, beans, lentils, nuts, seeds and dairy, will provide you with the essential building blocks for healthy hair," says Kingston. Increase your iron intake from red meats, spinach and apricots. And the rules for your face also apply to the hair on your head. Avoid sugar, alcohol, refined grains and saturated fats as they strip your body of essential nutrients resulting in lacklustre hair.

Fabulous Feet

Athlete's foot is caused by a fungal infection of the skin and is characterised by itchy, cracked skin between the toes and soles. Eat garlic and onions, which are anti-fungal. Applying tea tree oil will help keep the affected area dry.

Smile

A bright smile can make you feel confident, charming and photo-ready but also might add more years to your life. A recent study in the British Medical Journal showed an association between inflammation caused by dental decay and inflammatory diseases within the body, indicating that people who never or rarely brushed their teeth were 70 per cent more likely to develop cardiovascular diseases than those who brushed twice a day.

Stomach

Help yourself get a flat tummy by helping your digestion. Chew your food thoroughly. Stick to one glass of fluid a meal and stay away from foods that are hard to process such as fried cheese and cooked meats. Bloating is caused by food in the intestines that has not been digested properly. As the food ferments, a gas is produced that causes pain and flatulence. "Offending foods tend to be wheat and dairy, as they are difficult to digest," says Kingston.
Keep a food diary to see what affects you then cut out the suspects.

Lungs

You know this already: "Smoking can cause cancer, raise blood pressure, increase your heart rate and the incidence of strokes, reduce fertility, deplete the body of essential nutrients and accelerate ageing," says Kingston, who begs you to quit. If you gain weight doing so, control your blood sugar by eating every three to four hours and increasing protein and antioxidant intake.

Water retention

Water retention is caused by an excess of salt in the body, which swells ankles and feet. Reduce your salt intake and eat more potassium.

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A fresh choice for fall



PETER ROCKWELL
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The massive Boisset Family Estates include French producers like Bouchard Aîné & Fils, and Louis Bernard along with vineyards in California.

With such a cornucopia of wine under the wing of owner Jean-Charles Boisset, it's hard to focus on just one for this column.

The 2008 Louis Bernard Côtes du Rhône ($11.65 – $13.99) is a nice introduction to the Boisset group. A mix of grenache and syrah; it's a fresh, fall-like wine with oodles of red berry fruit that's a great match for late season barbecues.



A healthy snack for Santa

Pecans and whole wheat flour make these cinnamon cookies nutritious as well as tasty

Cookies are the perfect portion-controlled treat that — when enjoyed in moderation — can be a better option than a big wedge of pie or cake.

Of course, the add-ins for a cookie can also be its nutritional downfall, so rather than chocolate chips or other candy, you might want to add ingredients, such as nuts or dried fruits.

These classic, crispy cookies are made with 100 per cent whole-wheat pastry flour and are laced with healthy, monounsaturated fat-rich pecans.

Preparation:

1. In a bowl, use an electric mixer on medium-high to beat butter, 125 ml (1/2 cup) of the granulated sugar and brown sugar until creamy. Add egg and vanilla and beat well.
2. In a medium bowl, combine flour, baking powder and salt, then add to butter mixture. Beat on low speed until combined. Stir in pecans.
3. Divide dough in half and use lightly floured hands to shape each portion into a 15-cm (6-inch) log. Wrap each log in waxed paper and place in the freezer until firm, at least 1 hour.
4. Heat oven to 180 C (350 F). Unwrap dough and let stand at room temperature for 5 minutes. On a shallow plate combine remaining 50 ml (1/4 cup) granulated sugar and cinnamon. Roll logs in sugar mixture, then slice each into 24 5-mm (1/4-inch) thick cookies. Place cookies about 6 cm (2 1/2 inches) apart on ungreased baking sheets.
5. Bake, one batch at a time, until lightly browned, 10 to 12 minutes. Transfer to wire racks to cool. Makes 48 cookies.

THE ASSOCIATED PRESS

LARRY CROWE/THE ASSOCIATED PRESS



Makes 48 cookies

▶ Pecan-cinnamon wafers

Ingredients:

- 125 ml (1/2 cup or 1 stick) unsalted butter
- 175 ml (3/4 cup) granulated sugar, divided
- 50 ml (1/4 cup) packed light brown sugar
- 1 large egg
- 5 ml (1 tsp) vanilla extract
- 300 ml (1 1/4 cups) whole-wheat pastry flour
- 5 ml (1 tsp) baking powder
- 1 ml (1/4 tsp) salt
- 250 ml (1 cup) finely chopped pecans
- 7 ml (1 1/2 tsp) cinnamon

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Dutton publishing reissues Pooh cookbook

At the New York Public Library, visitors to the Winnie-the-Pooh room are greeted by a mural of the bear and his friends sitting down to dinner.

"That's the iconic image that the publisher chose to welcome people into the room," says Elizabeth Bird.

Bird is the senior children's librarian at the institution, which is also home to the Pooh stuffed animals owned by the real-life Christopher Robin.

Food and friendship have always been central to A.A. Milne's classic tales.

As a tribute to this notion, Dutton publishing has reissued Virginia Ellison's 1969 book, The Winnie-the-Pooh Cookbook.

Though the recipes for "smackerels," like honey toffee apples and easy honey buns, have been updated and purged of lard, the book still features original drawings by Ernest H. Shepard.

It is also interspersed with memorable quotes from Pooh and his friends.

THE ASSOCIATED PRESS



▶ The Winnie-the-Pooh Cookbook is now available.

VACATIONS CAN BE BOTH SCHEDULED AND SPONTANEOUS

Smug Marrieds

ANGELA PACIENZA & DEREK CHEZZI
2FORCOUPLES.COM
TWITTER: @SMUGMARRIEDS



My partner and I are taking our first extended vacation together — a two-week overseas trip. He's been planning every second of the trip. I just want to explore and discover things. I'm worried this is going to cause a huge fight. Help!

Angela says...

As a planner myself, I can totally understand where he's coming from.

But my beloved is like you and wants to spontaneously discover things. So I give him that time since it's our trip and not my trip.

Is there a compromise you can reach ahead of time?

I bet he'd be willing to build in cushion time around the schedule if he knew it was to enjoy gelato on a sidewalk cafe, a glass of vino in the piazza or get frisky somewhere naughty.

Derek says...

Let me ask: Who is responsible for organizing the travel brochures and booking the flights?

I know if those tasks were left up to me, every vacation would consist of short-distance road trips.

So, I leave the itinerary to Angela, because a) she's organized; b) I can't be bothered; and c) I don't want to have to hear "What are we doing today?" for the entire trip.

If your partner is the driving force behind this escape from reality, give it to them.

Besides, that schedule isn't bulletproof.

If you drop a "Well, that doesn't sound terribly interesting" comment once in a while, and suggest you take a drive for the day to explore, you'll be amazed how easily you'll get what you want.

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How We Met: Janine & Matthew

Names: Janine, 30, and Matthew, 25

Current city: Toronto

Together since: 2008

Their story:



▶ Matthew and Janine

"I (Janine) was at a nightclub in Toronto with a guy friend, dancing and having fun. I was intrigued by a group of about 30 guys in the corner of the club who were all decked out in three-piece suits...

I decided to go and ask why they were all dressed up. The first guy I approached was a handsome man named Matthew. He explained that they were there for a friend's bachelor party. We chatted a few moments and I told him to come find me on the dance floor. A little while later, Matthew came over to dance with me. My guy friend immediately shot him the evil eye. Matthew asked if he was my boyfriend, and I told him he was just a protective friend. My friend ended up getting super jealous and tried to pull Matthew and I apart. I wasn't ready to leave, so I turned to Matthew and asked if it would be okay if I hung out with him at the club. He said yes and we have been together since that night!"

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Warren Buffett is a billionaire because he stuck to a buy-and-hold and value investing stock purchasing strategy. He's been extremely successful at picking quality stocks that grow steadily in the long term. According to Buffett, "Only buy something that you'd be perfectly happy to hold if the market shut down for 10 years."

The buy-and-hold approach to stock purchasing is fairly conservative in that the investor purchases very high-quality (non-risky) stocks and holds onto them for years. It is a long-term approach to investing and the investor makes money when the stock appreciates in value and through dividends. Because there's little trading involved, the investor doesn't hop from investment to investment, paying high fees and not realizing the stocks' full potential.

Buffett couples this with the more active and slightly less conservative value investing approach. The same principles apply, but he takes it one step further. Buffett buys quality stock that is beaten down or undervalued due to economic conditions or short-term hiccups. According to Buffett, "Look at market fluctuations as your friend rather than your enemy; profit from folly rather than participate in it."

To implement this strategy, investors must first understand and pay close attention to businesses that have been hit by short-term struggles. If it appears the company can overcome its challenge (and if the research supports this), then an investor can exploit low share prices. For example, many quality companies were hit hard by the financial crisis of 2008-2009. Their share values plummeted even though their fundamental qualities and business practices didn't change. Based on the fact that the quality was still intact, value investors jumped into the market in the trough, buying high-quality, undervalued stock.

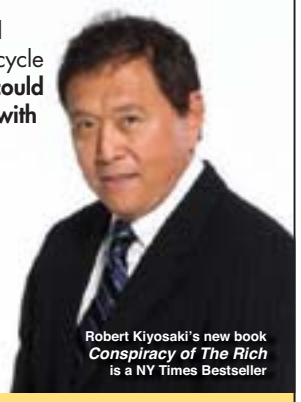
The intension of a value investor isn't to make a quick buck; it's to buy low and hold bargain-priced high-quality stock. Buying high-quality stocks and holding them for the long term make both the buy-and-hold and value-investing approaches conservative to moderate-risk strategies. The types of stock that can be described as "high-quality" and "less-risky" generally include regulated Canadian businesses.

Visit Morningstar.com to see what people like Buffett are buying.

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Robert Kiyosaki will not attend this event.

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Avoid the ugly in family loans

Sometimes family is the only source for funds Put parameters on the loan so that it won't cost the relationship

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Make sure you get an IOU.

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RBC	1.25%
SCOTIA	1.35%
TD	1.25%
ALLY	2.00%

CHECK BANK WEB SITES AS SOME RATES REQUIRE MINIMUM ACCOUNT BALANCE

ON MONEY

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There's good, bad and ugly debt. Borrowing for an education or a home is good debt, because you've got something to show for it and the asset will be appreciated. Bad debt is credit card or credit line debt when you don't know where the money went. Family debt, all too frequently, turns into ugly debt. But sometimes, family is the only source of necessary funds. Here are four ways to make it work.

41% According to a recent study, 41 per cent of adults spend as much as 10 per cent of their income providing financial support to their 23 to 28 year olds.

Put It On Paper
Time passes and even with the best of intentions people can forget or be confused about the terms of the loan. That won't happen if it's written up, signed, dated and a copy given to all parties. Repayment problems can still arise but at least the borrowing conditions will be indisputable.

Consider Interest
Most family loans are interest-free but, especially for young adults who may be first time borrowers, charging a small amount of interest teaches them what borrowing is all about.

Specify
A big irritant with family loans is when the money is borrowed for one purpose and then used for something else. For instance, if you loan money to a sibling so they can buy a car for work or purchase clothes for a new job, but instead they go on an expensive vacation, it will create bad feelings between the two of you.

Include the loan's purpose right in the lending document. You probably can't prevent the borrower from blowing the dough but it keeps things clear.

Pay Directly
If you are contemplating lending money to a family member for a particular purpose and you're concerned the funds might get frittered away, bypass the borrower.

For example, if your grandchild needs braces, offer to pay for them directly. There may be some accusations about you being over-controlling, but stand your ground. It's your money.

Shop online to save this holiday season

Holiday parties, potlucks, and presents may mean your credit card will be the only thing getting a good workout this month. Though you try to be responsible and stay within your budget, somehow you manage to blow it every year. To help your finances through this month, here are some clever ways to avoid overspending.

Decide who you would like to buy presents for and don't veer off your list. Buying something for 'acquaintances' will just create more stress for you.



Be like Santa – make a list and check it twice.

Buy big rolls of wrapping paper instead of single sheets. Little things like gift tags, cards, and wrapping paper can really add up and will eventually just end up in the garbage. To reduce costs, reuse gift bags from previous years or buy a large role of plain brown paper and dress it up with fancy bows and string. You can also make your own name tags by using decorative edge scissors.

Shop online at sites that let you sort potential gift purchases by price. Websites like ccfcanada.ca allow you to buy meaningful gifts for children living in extreme poverty around the world in honour of your loved one. **NEWS CANADA**

ISTOCK



▶ Tracking down paper work and records can be tricky for those looking to return to school.

HOW TO BUILD A TOOL KIT FOR GOING BACK TO SCHOOL

JON TATTRIE
CALGARY@METRONEWS.CA

If you've been out of school for a while, returning to the hallowed halls of academia can create a tricky paper chase as you track down your records to show you're eligible. Experts suggest talking to the post-secondary institution to get a list of what you need.

Trevor Adams, program director for continuing education at Halifax's Saint Mary's University (SMU), says to first check that you have the appropriate prerequisite credentials to get into the program. He says you'll need to go through the requirements course by course, because even if you have the relevant undergrad degree, some courses expire after 10 years.

Students also need to have their existing official transcript sent to the new school. Even if you have a copy, it must be an institution-to-institution transaction, so you'll need to contact the registrar from your former school.

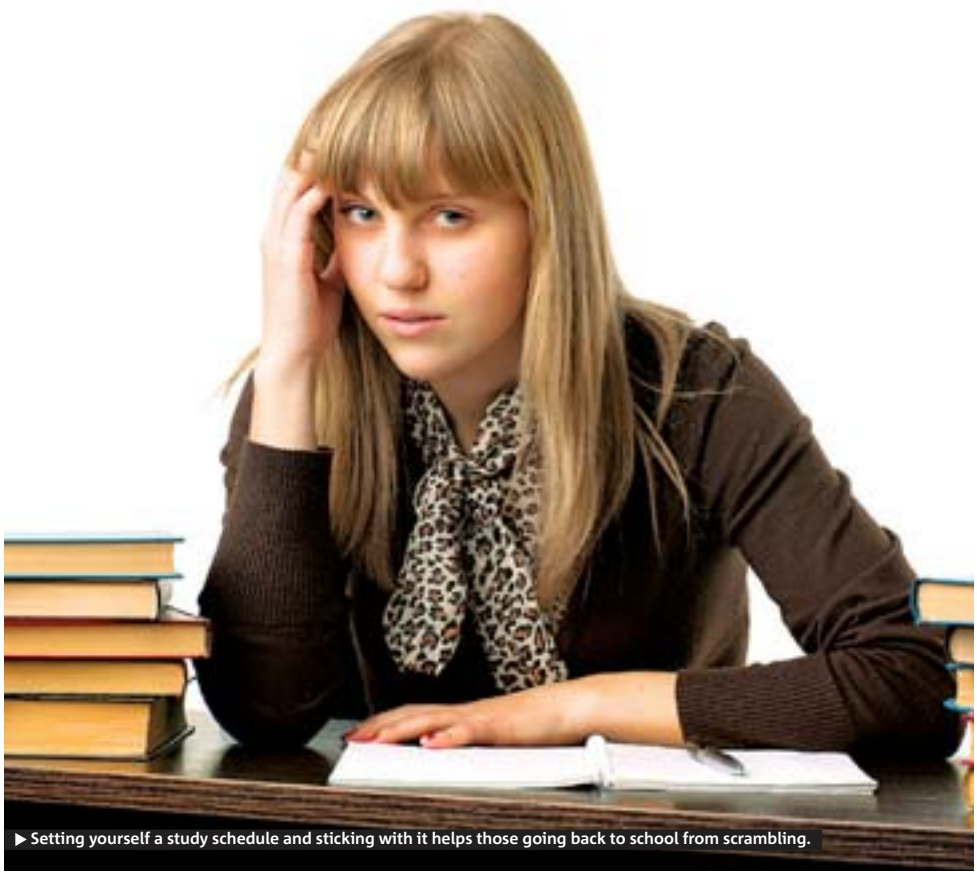
"It's to help prevent things like forgery," Adams explains.

It's good to sit down with someone like Adams to see what courses you may be exempt from and to figure out what life experiences might translate into some sort of credit through a process SMU calls PLAR – prior learning assessment recognition.

Adams says students should put everything on the table. "Some universities or colleges will give you credit for life experience. If you've been a manager at a bank or whatever, there is some value in that work," he says. "Leave no stone unturned. They may assume you need to start at level zero when in fact you could be getting credit for your first year of your new program."

A few tips for making it work

Experts from across the country give second career advice



▶ Setting yourself a study schedule and sticking with it helps those going back to school from scrambling.

JON TATTRIE
CALGARY@METRONEWS.CA

1. Take a personality and career test if you're not sure what you want your second career to be. University continuing education centres can help you match what you like to do with potential jobs and then find the right education to get you there.
— University of British Columbia

2. Find out what the prerequisites are for your course and make sure you have them, or experience the institute will count as equivalent, before enrolling.
— Algonquin College, Ottawa

3. Any tuition fees for courses at the post-secondary school level adding up to more than $100 may be claimed as a credit on your personal income tax return. Talk to the Canada Revenue Agency and see how you can save money.
— University of Toronto

4. Make sure it's a commitment you can manage before you sign up. It may be appealing to do it quickly, but the reality may overwhelm you.
— Humber College, Toronto

5. Attend an information day to learn about how to apply for courses, how to finance your studies and to get an overview of the campus.
— Douglas College, B.C.

6. Brainstorm about your life experience and write down all the courses and classes you've taken through work or in your free time. Also jot down work experience; you may be able to turn some of this into credits to save time and money.
— Saint Mary's University, Halifax

7. Check out the distance learning options. You may be able to take your course online and at your own schedule, allowing you to study at your convenience. It also allows you to learn at your own pace.
— Mount Royal University, Alberta

8. Know exactly what your learning expectations and needs are. The more specific the student can be about what she wants out of a course, the better a university or college can find the right match.
— University of Ottawa

9. Set yourself a study schedule and keep to it. Book off regular weekly study slots so you're not always scrambling.
– Mount Saint Vincent University, Halifax

10. Use web tools to keep in touch with your classmates. Friend them on Facebook, follow them on Twitter and set up Skype study dates. That way you can create a virtual campus and help each other prepare for papers and exams.
– University of Alberta

Getting it right the second time

[illegible] calling later in life

JON TATTRIE
CALGARY@METRONEWS.CA

Sometimes people don't quite get their career paths right the first time and a bold leap of faith turns their life around.

Here's a look at some famous Canadians who changed jobs and changed their lives.

Stephen Lewis got into politics at age 26 and quickly got a seat in the Legislative Assembly of Ontario. The NDP leader stayed in the trenches of provincial politics throughout the 1970s before stepping down in 1978.

A few years later, prime minister Brian Mulroney made him Canada's ambassador to the UN.

That was followed by a stint at UNICEF and then as Kofi Annan's special envoy for HIV/AIDs in Africa, which led him to found the Stephen Lewis Foundation in 2003.

He has gone on to raise millions of dollars to help those fighting the effects of the disease.

Ken Dryden was on his way to a legal career when he decided to try his luck on the ice.

His university hockey career had been full of trophies and life proved no different with the Montreal Canadiens.

He played only seven full seasons in the 1970s, but won six Stanley Cups.

He retired at 31 and went on to enjoy a career as a writer, notably authoring The Game, before being elected to parliament in 2004.

Born in Edmonton, actor Lucy Decoutere found international fame in Halifax as Lucy, Ricky's on-again, off-again girlfriend in the Trailer Park Boys.

When the TV series ended, Decoutere retrained as a teacher and took a job at Bedford Academy in Nova Scotia.

Before classes started, her fake past caught up to her as an interview she did partially in character ran in a local newspaper and the school "parted ways" with the f-bomb dropping Decoutere.

Undaunted, she charted a third career path and is now happily training in the Canadian Forces as an aerospace controller.

TORSTAR NEWS SERVICE



▶ Stephen Lewis

TORSTAR NEWS SERVICE



▶ Ken Dryden

TORSTAR NEWS SERVICE



▶ Lucy Decoutere

From travelling libraries to travelling professors

Schools tap into technology and flex-time to cater to busy mature students

JON TATTRIE
CALGARY@METRONEWS.CA

Technology and timing are rapidly changing the way continuing education is delivered as schools think outside the box to make programs work for second-career students.

The University of Alberta took the bold step of creating a travelling library to bring the university to ordinary people way back in 1912. Today it's drawing inspiration from the TV game show Who Wants To Be A Millionaire?

Christie Schultz, the executive director of the learning engagement office, says it borrows the "ask the audience" feature to allow learners to provide real-time feedback to lecturers about comprehension levels, questions and to connect real-world events to classroom issues.

"You can see the answers your classmates are putting up and you can have a discussion about those responses," she says.

The university also uses "synchronous web conferencing" to bring leading global experts into the classroom via the Internet.

Guillermo Acosta, the director of professional and continuing education at Humber College's business school, says his college is taking the classroom into the boardroom to give students a real-life taste of business.

"The ideas that they learn are really fresh and useful," he says.

"There is no better example of real, practical application of the theory than when you can go [to a business]," Acosta says. "It also opens opportunities for networking for students."

Humber also has three annual intakes of students in the summer, fall and spring, to create more flexible start times for working students.

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▶ The Internet has changed the way continuing education is delivered.

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STUDY

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2. Certificate or apprenticeship in carpentry; British Columbia Institute of Technology, Camosun College, Kwantlen University College, Vancouver Island University
3. High school diploma
4. High school diploma
5. High school diploma

Alberta

1. Heavy construction and carpentry contractors
2. Health-care professions such as RNs, physicians, occupational therapists, dentists, pharmacists
3. Manufacturing process operators
4. Primary production managers
5. Facility operation and maintenance managers

STUDY

1. Calgary's Southern Alberta Institute of Technology, Edmonton's Northern Alberta Institute of Technology, or on-the-job training.
2. Various levels of medical training, University of Alberta
3. High school, on the job training
4. Bachelor's degree in relevant field, job experience
5. Bachelor's degree in relevant field, job experience

Ontario

1. Civil engineering
2. Mining engineer
3. Paramedic
4. Civil Engineer
5. Mechanical Engineer

STUDY

1. Bachelor's in civil engineering; McMaster University, Ryerson University
2. Bachelors in mining engineering; Queens University.
3. Paramedic diploma; Humber College, Algonquin College, Cambrian College
4. Bachelors in civil engineering McMaster University, University of Toronto, University of Ottawa, University of Guelph, University of Ottawa, York University
5. Mechanical engineer degree. University of Windsor, Waterloo, Ottawa, Ryerson, Queens, McMaster, Carleton

Nova Scotia

1. Software Engineers and Designers
2. Aircraft Mechanics and Inspectors
3. Information Systems Analysts and Consultants
4. Computer Engineers
5. Computer Programmers and Interactive Media Developers

STUDY

1. Computer science degree; Dalhousie, Saint Mary's or MSVU
2. Aircraft maintenance engineer program; Nova Scotia Community College.
3. Computer science or related degree; Dalhousie, Saint Mary's or MSVU
4. Bachelor's degree in computer engineering, electrical or electronics engineering, engineering physics or computer science; Dalhousie, Saint Mary's or MSVU
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▶ It can be a struggle to keep afloat when balancing the demands of work, school and family, but keep in mind it's for a clear goal, with a clear end date.

Finding balance

Experts advise continuing ed students to keep calm and your eye on the prize ◐ Make it an experience for the whole family to celebrate

JON TATTRIE
CALGARY@METRONEWS.CA

Most adults struggle to balance work commitments with family obligations; add in a return to school and free time can quickly become the most expensive luxury in your life.

Metro asked on-the-ground experts for tips on calibrating a crazy schedule.

Guillermo Acosta, the director of professional and continuing education at Humber College's business school, says his students sometimes struggle to keep afloat.

He reminds them to accept that adding continuing education will make life harried for a period, but to keep their eye on the prize.

Keep in mind that it's for a clear goal with a clear end date.

"When you see that what you are learning in a classroom can be applied the following day in your job, more than a burden, it becomes a help," he says.

He also reminds students they can adjust how many classes they do at once, depending on how quickly they want to complete their studies.

If the stress would be too great, take it one course at a time over a longer period.

Christie Schultz, the executive director of the learning engagement office at the University of Alberta, has taken continuing education courses herself.

She advises students with families to involve their spouses and children to make it a shared experience, rather than just one parent disappearing one night a week.

"Communicate what your schedule is going to be like and when your deadlines are. It can really be helpful. Continuing education, as it becomes part of our life, becomes a family project. It can make the program fun and exciting for the whole family. It also gives an opportunity to celebrate together at the end of the course or program."
CHRISTINE SCHULTZ, UNIVERSITY OF ALBERTA

"Communicate what your schedule is going to be like and when your deadlines are. It can really be helpful," she says. "Continuing education, as it becomes part of our life, becomes a family project."

Schultz says it will be an extra burden on an already packed schedule for many people, but students should remember it is temporary and for the good of the entire family.

"It can make the program fun and exciting for the whole family. It also gives an opportunity to celebrate together at the end of the course or program," she says.

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Starting over: A personal tale

Five Canadians share their continuing education experiences as told to Teresa Kruze

CONTRIBUTED



James Milligan
Vancouver, B.C.
UBC Project Management Certificate

I worked at a major telecom company for over 12 years until I was laid off. I took a course in sustainability management and started my own company, Social Conscience Fair Trade Sports Balls. Having your own business is a struggle, but I feel like I'm making a difference in a small way.

CONTRIBUTED



Joan Dupuis
Ottawa, Ontario
Ottawa-Carleton Continuing Education

I'm 69 years old and currently working in automotive sales. When I was young, my dad made me quit school and work because there was no money. Now I'm back in class and really enjoying continuing education. I'd like to get into a business that helps the elderly. I'm not retiring yet, I'm too young!

CONTRIBUTED



Jeff Collins
Halifax, Nova Scotia
Dalhousie University College of Continuing Education

I was an out-of-work prosthetic specialist when my dog injured her knee. Unable to afford the surgery I made her a knee brace and came up with an idea for a company. After enrolling in continuing education I started a prosthetic service for dogs. I now travel the world teaching others the technology I pioneered.

CONTRIBUTED



Tracey Mah-Gillies
Calgary, Alberta
Mount Royal University Continuing Education

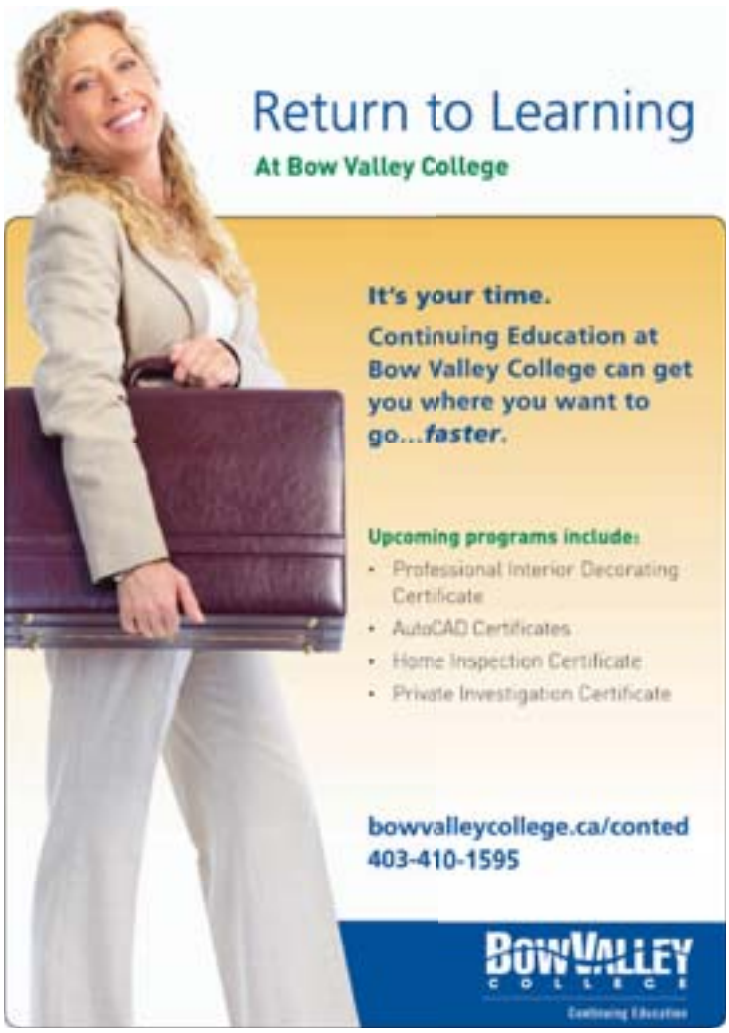
In my first life I was social worker and stay at home mom. I went back to school and got my personal fitness trainers certificate and now I'm running my own business. Continuing education was way too much fun. Right now I'm looking at the brochure figuring out what I'll take next.

CONTRIBUTED



Murat Kaya
Toronto, Ontario
TDSB Continuing Education

I came to Canada as an aerospace engineer from Turkey. After the events of 9-11, Bombardier laid off 5,000 people. I went back to school to study and I am now an electrical engineer with Ontario Power Generation. Continuing education made me realize what kind of potential I have and where I can go.





Get help with investment

Save, borrow and win money to pay for your education

JON TATTRIE
CALGARY@METRONEWS.CA

It's an old business adage that it takes money to make money and that applies to furthering your education to start a second career.

If you plan to continue working with your current employer, but in an advanced or different position, talk to your human resources department. Many will partially or fully fund the academic upgrade and could help you plan your next move.

The Canada Student Loans Program, which can be explored at Canlearn.ca, is an option if you're going to be a student at a university, college or trade school working toward a degree, diploma or certificate.

CSLP offers loans and grants for full- and part-time students. Interest kicks in at graduation, though you have a six-month grace period after you're done before you have to start paying them back.

Typically the most you can borrow for an eight-month study period is $7,140.

In Alberta, Students Finance administers the Alberta Student Funding Program as well as the Canada Student Loan and Grant Programs on behalf of the federal government. Funding is available for both full- and part-time students, but separate application forms are required. When you submit an application, you will be considered for funding from both the provincial and federal governments.

Alberta also has financial support for shorter occupational training in the form of income support or help with tuition. Go to alis.alberta.ca for more information.

When you've settled on a particular school, check out their website and student services department. There are a huge range of very specific bursaries and scholarships for which you might qualify.

Check it out

- The Student Financial Assistance Estimator at CanLearn.ca can give students an idea of how much they could qualify for.

ISTOCK



▶ There are lots of options to choose from when financing education for a second career.



AU student Katherine in Toronto, ON

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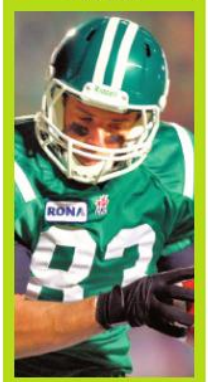
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Quoted



"I don't even know if people in Saskatchewan gave us a chance two weeks ago. ... You go through ups and downs in the season and people lose faith, but we never did."

ROUGHRIDERS RECEIVER ANDY FANTUZ

Broadway not so good to Flames

Iginla scores again, but Flames offence can't muster anything else

RANGERS	FLAMES
2	1

Notes

- The Flames franchise has scored 9,998 goals. ... Calgary had won three straight against the Rangers, dating to New York's previous win on Jan. 10, 2006.

Brian Boyle and Dan Girardi scored second-period goals and backup Martin Biron made 31 saves to lift the New York Rangers to a 2-1 victory over the slumping Calgary Flames last night.

Calgary captain Jarome Iginla stayed hot by scoring his sixth goal in three games — and 450th in the NHL — but it wasn't enough. The Flames lost for the ninth time in 11 games (2-8-1), and are 0-1-1 on their five-game Eastern swing.

Miikka Kiprusoff started for the 10th straight game and made 22 saves.

Boyle staked the Rangers to a 1-0 lead when his cross-ice pass deflected in off the stick of defenceman Brendan Mikkelson, and Girardi added a power-play goal to make it 2-1.

Biron, playing for the third straight game and for the fifth time in seven games, looked sharp.

He has made two consecutive starts — winning both — since he replaced No. 1 goalie Henrik Lundqvist in the second period of New York's 5-1 loss at Colorado on Friday.

The Rangers have won five of seven.

Iginla carried the Flames the past two games, netting five goals and setting up another as Calgary beat Chicago at home on Friday and lost in overtime at Detroit on Sunday. He has nine goals, amid trade rumours, in his 14th season with the Flames.

The hard-hitting game got extra physical in the third when Rangers defenceman Marc Staal caught Matt Stajan up high with a lateral hit that Stajan never saw coming as he skated into the New York zone. Stajan was down on his knees, with his head resting on the ice for a few moments.

He stumbled to his feet and skated to the bench doubled over.

THE ASSOCIATED PRESS

LOU CAPOZZOLA/GETTY IMAGES



▶ Tom Kostopoulos of the Calgary Flames checks Michael Sauer of the New York Rangers yesterday.

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Ontario native Joey Votto named NL MVP

Joey Votto became the third Canadian player to win one of baseball's most valuable player awards by claiming the National League honours yesterday in a near unanimous vote over Albert Pujols.

The Cincinnati Reds first baseman from Toronto received 31 of the 32 first-place votes for 443 points, crushing the St. Louis Cardinals first baseman, who picked up the other first-place vote and finished with 279 points.

37 Votto batted .324 with 37 homers, 113 RBIs and 106 runs scored in leading the Reds to their first NL Central title since 1995.

Carlos Gonzalez of the Colorado Rockies was third with 240 points in balloting by the Baseball Writers' Association of America.

"I didn't think it would be so conclusive," Votto said of his victory margin.

Votto and Larry Walker (1997) are the only Canadians to win the National League award.

Justin Morneau won the American League prize in 2006.

The American League MVP will be revealed today.

THE ASSOCIATED PRESS

Sports in brief



Pacquiao done in three years?

BOXING. His status as a great fighter secure, following his latest victory, Manny Pacquiao plans to leave boxing in three years.

Pacquiao turns 32 next month and was asked at a news conference when he intends to retire.

"Not too long from now," he said. "But I don't want to go beyond 35." THE ASSOCIATED PRESS

Vikings fire Childress

NFL. The Minnesota Vikings have fired head coach Brad Childress. Defensive co-ordinator Leslie Frazier will serve as interim head coach for the remainder of the season.

THE ASSOCIATED PRESS

NHL

EASTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Philadelphia	22	14	6	2	0	78	55	30	9-4-0-0	5-2-2-0	7-2-1-0	W2
d-Washington	22	14	6	1	1	74	64	30	10-1-0-1	4-5-1-0	6-2-1-1	L3
d-Montreal	21	13	7	1	0	53	42	27	7-4-1-0	6-3-0-0	6-4-0-0	L1
Tampa Bay	21	12	7	2	0	65	65	26	5-2-1-0	7-5-1-0	5-5-0-0	W4
Pittsburgh	22	12	8	2	0	69	59	26	5-5-1-0	7-3-1-0	6-3-1-0	W3
NY Rangers	22	12	9	1	0	65	60	25	5-6-1-0	7-3-0-0	6-4-0-0	W2
Boston	19	11	6	0	2	55	38	24	4-4-0-2	7-2-0-0	4-4-0-2	L2
Ottawa	21	10	10	1	0	52	67	21	6-4-0-0	4-6-1-0	6-4-0-0	W1
Atlanta	21	9	9	1	2	68	73	21	5-5-0-1	4-4-1-1	4-5-0-1	W2
Carolina	20	9	9	0	2	63	68	20	5-3-0-1	4-6-0-1	4-4-0-2	L2
Toronto	20	8	9	1	2	47	55	19	6-4-1-1	2-5-0-1	3-5-0-2	W1
Buffalo	22	8	11	3	0	58	68	19	3-7-1-0	5-4-1-0	5-4-1-0	L1
Florida	19	9	10	0	0	52	48	18	5-3-0-0	4-7-0-0	5-5-0-0	L1
New Jersey	21	6	13	1	1	41	65	14	2-5-1-1	4-8-0-0	3-6-0-1	W1
NY Islanders	20	4	12	2	2	44	71	12	2-4-0-1	2-8-2-1	0-8-1-1	L13

WESTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Detroit	18	13	3	1	1	66	48	28	9-1-1-1	4-2-0-0	8-1-1-0	W1
d-Los Angeles	20	13	7	0	0	61	49	26	8-1-0-0	5-6-0-0	6-4-0-0	L1
d-Colorado	20	12	7	1	0	72	60	25	6-4-0-0	5-4-1-0	7-3-0-0	W4
Columbus	19	13	6	0	0	55	44	26	6-5-0-0	7-1-0-0	7-3-0-0	W4
St. Louis	19	11	5	1	2	52	51	25	8-0-0-1	3-5-1-1	6-3-0-1	W2
Phoenix	20	10	5	4	1	57	59	25	4-2-2-1	6-3-2-0	7-1-1-1	W6
Chicago	23	11	10	1	1	71	67	24	5-7-0-0	6-3-1-1	4-5-0-1	W1
Vancouver	20	10	7	1	2	58	56	23	6-2-0-1	4-5-1-1	5-4-1-0	L4
Anaheim	23	10	10	2	1	57	69	23	7-3-0-1	3-7-2-0	5-3-2-0	L5
Minnesota	19	10	7	0	2	46	47	22	6-4-0-1	4-3-0-1	5-5-0-0	L1
San Jose	19	9	6	4	0	55	52	22	6-3-2-0	3-3-2-0	4-3-3-0	L3
Dallas	19	10	8	0	1	57	57	21	7-3-0-1	3-5-0-0	5-4-0-1	L2
Nashville	19	9	7	3	0	47	51	21	3-1-3-0	6-6-0-0	4-6-0-0	L1
Calgary	20	8	11	1	0	59	61	17	5-5-0-0	3-6-1-0	2-7-1-0	L2
Edmonton	19	5	10	1	3	49	77	14	2-5-0-1	3-5-1-2	2-6-1-1	W1

d — division leaders ranked 1-2-3 regardless of points; a team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OTL (overtime loss) or SL (shootout loss) column.

Last night's results
Toronto 4 Dallas 1
New Jersey 5 Washington 0
N.Y. Rangers 2 Calgary 1
Philadelphia 3 Montreal 2
Columbus 2 Nashville 0
Ottawa 3 Los Angeles 2
Tampa Bay 3 Boston 1
Pittsburgh 3 Florida 2

Sunday's results
Edmonton 4 Anaheim 2
Detroit 5 Calgary 4 (OT)
Phoenix 3 Vancouver 2
Atlanta 2 N.Y. Islanders 1 (OT)

Tonight's games
(All times Eastern)
Edmonton at Phoenix, 9 p.m.

RANGERS 2, FLAMES 1

First Period
No Scoring.
Penalties — Bourque Cal (interference) 0:14, Kostopoulos Cal (roughing), Sauer NYR (boarding) 7:10, Kostopoulos Cal, Sauer NYR (fighting) 10:13, Meyer Cal, Sauer NYR (fighting) 17:06, Callahan NYR (slashing) 18:12.
Second Period
1. N.Y. Rangers, Boyle 9 (Girardi) 2:08
2. Calgary, Iginla 9 (Bouwmeester, Stajan) 5:16
3. N.Y. Rangers, Girardi 2 (Stepan) 12:41 (pp)
Penalty — Glencross Cal (high-sticking) 12:27.
Third Period
No Scoring.
Penalty — Dubinsky NYR (high-sticking) 1:14.
Shots

Calgary	6	11	15	32
N.Y. Rangers	8	8	8	24

Goal — Calgary: Kiprusoff (L,7-10-1); N.Y. Rangers: Biron (W,5-2-0). **Power plays (goals-chances)** — Calgary: 0-2; N.Y. Rangers: 1-2.
Att. — 17,845 (18,200) at New York.

FLYERS 3, CANADIENS 2

First Period
1. Montreal, Lapierre 3 (Pouliot, Halpern) 11:51
2. Montreal, Lapierre 4 (Pouliot, Halpern) 16:07
Penalty — Pronger Pha (cross-checking) 0:24.
Second Period
3. Philadelphia, Leino 4 (Briere, Hartnell) 14:53
Penalties — Hamrlik Mtl (tripping) 0:15, Pouliot Mtl (tripping) 5:58, Coburn Pha (roughing) 16:55.
Third Period
4. Philadelphia, Giroux 12 (Powe, O'Donnell) 1:48
5. Philadelphia, van Riemsdyk 1 (Coburn, Richards) 7:42
Penalties — Halpern Mtl (slashing) 5:53, Hartnell Pha (boarding) 7:13, Briere Pha (holding) 10:21.
Shots

Montreal	15	5	11	31
Philadelphia	9	21	15	45

Goal — Montreal: Price (L,12-7-1); Philadelphia: Boucher (W,3-3-1). **Power plays (goals-chances)** — Montreal: 0-4; Philadelphia: 0-3.
Att. — 19,753 (19,537) at Philadelphia.

LEAFS 4, STARS 1

First Period
1. Toronto, Kulemin 6 (Grabovski, Schenn) 10:52
Penalties — Barch Dal, Orr Tor (fighting) 2:26, Neal Dal (slashing) 7:24, Orr Tor (slashing) 17:16.
Second Period
2. Toronto, Kulemin 7 (Grabovski, MacArthur) 14:05
3. Dallas, Richards 10 (Ott, Eriksson) 15:31
4. Toronto, Bozak 3 (Kadri, Versteeg) 17:07
Penalty — Kadri Tor (hooking) 10:11.
Third Period
5. Toronto, Versteeg 6 19:49 (en)
Penalties — None.
Shots

Dallas	6	9	7	22
Toronto	7	10	10	27

Goal — Dallas: Lehtonen (L,9-7-1); Toronto: Gustavsson (W,3-4-1). **Power plays (goals-chances)** — Dallas: 0-2; Toronto: 0-1.
Att. — 19,266 at Toronto.

SENS 3, KINGS 2

First Period
1. Ottawa, Kovalev 6 (Gonchar, Phillips) 10:00 (pp)
2. Los Angeles, Kopitar 7, 16:17
Penalties — Smyth LA (fighting), Campoli Ott (fighting, roughing; served by Foligno) 6:19, Simmonds LA (tripping) 8:23.
Second Period
3. Los Angeles, Smyth 7 (Williams) 7:52 (pp)
4. Ottawa, Michalek 5 (Alfredsson) 19:04
Penalties — Phillips Ott (interference) 7:02, Gonchar Ott (cross-checking) 8:40, Westgarth LA, Neil Ott (fighting) 11:08, Winchester Ott (hooking) 19:50.
Third Period
5. Ottawa, Spezza 6 (Kovalev, Carkner) 11:19
Penalties — Simmonds LA (high-sticking) 0:43, Hale Ott (interference) 14:04.
Shots

Los Angeles	12	7	11	30
Ottawa	8	7	4	19

Goal — Los Angeles: Quick (L,11-3-0); Ottawa: Leclaire (W,1-3-1). **Power plays (goals-chances)** — Los Angeles: 1-5; Ottawa: 1-2.
Att. — 18,315 (19,153) at Ottawa.

SCORING LEADERS

	G	A	PT
Stamkos, TB	20	15	35
Crosby, Pgh	15	20	35
St. Louis, TB	8	19	27
Semin, Wash	14	12	26
Ovechkin, Wash	10	16	26
B.Richards, Dal	10	15	25
D.Sedin, Vcr	12	12	24
C.Stewart, Col	11	13	24
M.Richards, Pha	9	15	24
H.Sedin, Vcr	2	22	24
Giroux, Pha	12	11	23
Perry, Ana	10	13	23
Roy, Buf	9	14	23
E.Staal, Car	9	14	23
Sharp, Chi	12	10	22
Eriksson, Dal	9	13	22
P.Kane, Chi	8	14	22
Selanne, Ana	8	14	22
Backstrom, Wash	7	15	22
Datsyuk, Det	7	15	22
Hejduk, Col	7	15	22
J.Williams, LA	9	12	21
Getzlaf, Ana	7	14	21
Ladd, Atl	7	14	21
Malkin, Pgh	7	14	21
P.Stastny, Col	8	12	20
Plekanec, Mtl	7	13	20
Zetterberg, Det	7	13	20
Kopitar, LA	7	13	19
Lidstrom, Det	3	17	20
Liles, Col	3	17	20
Dubinsky, NYR	12	7	19
Ryan, Ana	9	10	19
Neal, Dal	8	11	19
Byfuglien, Atl	7	12	19
Heatley, SJ	7	12	19
Toews, Chi	9	9	18
Alfredsson, Ott	8	10	18
Horton, Bos	8	10	18
Marleau, SJ	8	10	18
MacArthur, Tor	7	11	18
Letang, Pgh	3	15	18

CFL

98TH GREY CUP

WEEK 22

Sunday's game
(All times Eastern)
At Edmonton
Montreal vs. Saskatchewan, 6:30 p.m

SOCCER

ENGLAND

PREMIER LEAGUE

Yesterday's result
Sunderland 2 Everton 2

SPAIN

LA LIGA

Yesterday's results
Getafe 1 Zaragoza 1

NBA

EASTERN CONFERENCE

ATLANTIC DIVISION

	W	L	Pct	GB
Boston	10	4	.714	—
New York	6	8	.429	4
Toronto	5	9	.357	5
New Jersey	4	9	.308	5½
Philadelphia	3	10	.231	6½

SOUTHEAST DIVISION

	W	L	Pct	GB
Orlando	9	4	.692	—
Atlanta	8	6	.571	1½
Miami	8	6	.571	1½
Charlotte	5	8	.385	4
Washington	4	8	.333	4½

CENTRAL DIVISION

	W	L	Pct	GB
Chicago	7	4	.636	—
Indiana	6	6	.500	1½
Cleveland	5	7	.417	2½
Detroit	5	8	.385	3
Milwaukee	5	8	.385	3

WESTERN CONFERENCE

SOUTHWEST DIVISION

	W	L	Pct	GB
San Antonio	12	1	.923	—
New Orleans	11	1	.917	½
Dallas	8	4	.667	3½
Memphis	5	9	.357	7½
Houston	3	10	.231	9

NORTHWEST DIVISION

	W	L	Pct	GB
Oklahoma City	10	4	.714	—
Utah	10	5	.667	½
Portland	8	6	.571	2
Denver	7	6	.538	2½
Minnesota	4	11	.267	6½

PACIFIC DIVISION

	W	L	Pct	GB
L.A. Lakers	12	2	.857	—
Golden State	7	6	.538	4½
Phoenix	7	7	.500	5
Sacramento	4	9	.308	7½
L.A. Clippers	1	13	.071	11

Last night's results
Boston 99 Atlanta 76
Indiana 93 Miami 77
Oklahoma City 117 Minnesota 107
Phoenix 123 Houston 116
San Antonio 106 Orlando 97
Utah 94 Sacramento 83
Denver at Golden State
New Orleans at L.A. Clippers
Sunday's results
Toronto 102 Boston 101
New Orleans 75 Sacramento 71
Detroit 115 Washington 110, OT
L.A. Lakers 117 Golden State 89
Tonight's games
(All times Eastern)
Cleveland at Indiana, 7 p.m.
Atlanta at New Jersey, 7 p.m.
Philadelphia at Washington, 7 p.m.
Charlotte at New York, 7:30 p.m.
Detroit at Dallas, 8:30 p.m.
Chicago at L.A. Lakers, 10:30 p.m.

SCORING AVERAGE

	G	FG	FT	PTS	AVG
Durant, OKC	11	101	88	308	28.0
Ellis, GOL	13	129	61	337	25.9
Bryant, LAL	14	120	100	359	25.6
Rose, CHI	11	109	45	277	25.2
Nowitzki, DAL	12	112	64	293	24.4
Anthony, DEN	13	117	73	317	24.4
Martin, HOU	12	80	100	285	23.8
Westbrook, OKC	13	95	111	305	23.5
James, MIA	13	102	88	304	23.4
Gordon, LAC	12	93	83	280	23.3
Stoudemire, NYK	14	119	81	324	23.1
Wade, MIA	12	91	82	275	22.9
Gasol, LAL	14	127	65	319	22.8
Scola, HOU	12	110	51	271	22.6
Beasley, MIN	13	115	47	291	22.4
Gay, MEM	14	121	44	307	21.9
Bargnani, TOR	14	112	61	304	21.7
Williams, UTA	14	98	87	302	21.6
Howard, ORL	12	89	79	257	21.4
Granger, IND	11	84	39	234	21.3

Not including last night's games

TRANSACTIONS

BASEBALL

MLB

AMERICAN LEAGUE
CHICAGO WHITE SOX—Claimed RHP Waldis Joaquin off waivers from San Francisco.

NATIONAL LEAGUE
CINCINNATI REDS—Agreed to terms LHP Dontrelle Willis on a minor league contract.
HOUSTON ASTROS—Named Tom Lawless manager, Don Alexander pitching coach, Stubby Clapp hitting coach and Eric Montague athletic trainer for Corpus Christi (Texas).
LOS ANGELES DODGERS—Named Dave Hansen hitting instructor, Trey Hillman bench coach, Davey Lopes first base coach and Tim Wallach third base coach.
NEW YORK METS—Named Terry Collins manager.
PHILADEPHIA PHILLIES—Named Mark Parent manager of Reading (EL), Mickey Morandini manager of Williamsport (N.Y.-Penn) and Chris Truby manager of Lakewood (SAL).

BASKETBALL

NBA

WASHINGTON WIZARDS—Signed G-F Alonzo Gee. Waived G Lester Hudson.

NBA DEVELOPMENT LEAGUE

RIO GRANDE VALLEY VIPERS—Signed G Antonio Anderson. Waived C Jordan Eglseder.

FOOTBALL

NFL

LEAGUE OFFICE—Fined Oakland DL Richard Seymour $25,000, for striking Pittsburgh QB Ben Roethlisberger in the helmet in a Nov. 20 game.
CINCINNATI BENGALS—Placed S Chris Crocker and DE Frostee Rucker on the injured reserve list. Signed CB Jonathan Wade. Activated DE Antwan Odom.
MINNESOTA VIKINGS—Fired coach Brad Childress. Named Leslie Frazier interim coach.

HOCKEY

NHL

NEW JERSEY DEVILS—Recalled D Mark Fayne from Albany (AHL). American Hockey League
SAN ANTONIO RAMPAGE—Assigned D Nick Ross to Las Vegas (ECHL).

ECHL

LEAGUE OFFICE—Suspended Elmira's Brennan Turner one game and fined him an undisclosed amount for his actions in a Nov. 21 game at Reading. Fined Toledo's Adam Keefe and Florida's Mike Egener undisclosed amounts for their actions in a Nov. 19 game at Florida.

LACROSSE

NLL

CALGARY ROUGHNECKS—Named Bob McMahon defensive coordinator.
MINNESOTA SWARM—Re-signed F Andrew Watt and F Travis Hill to two-year contract extensions and G Nick Patterson and D Matt Kelly to one-year contracts.

SOCCER

MLS

PORTLAND TIMBERS—Acquired D-MF Jeremy Hall from New York for a 2011 third-round draft pick. Acquired an international roster slot for the 2011 and 2012 seasons from the LA Galaxy in exchange for allocation money.

NFL

AMERICAN CONFERENCE

EAST	W	L	T	Pct	PF	PA
N.Y. Jets	8	2	0	.800	238	177
New England	8	2	0	.800	289	242
Miami	5	5	0	.500	172	208
Buffalo	2	8	0	.200	213	276
SOUTH						
Jacksonville	6	4	0	.600	220	270
Indianapolis	6	4	0	.600	268	216
Tennessee	5	5	0	.500	257	198
Houston	4	6	0	.400	244	287
NORTH						
Baltimore	7	3	0	.700	233	178
Pittsburgh	7	3	0	.700	235	165
Cleveland	3	7	0	.300	192	206
Cincinnati	2	8	0	.200	215	262
WEST						
Kansas City	6	4	0	.600	243	207
Oakland	5	5	0	.500	238	223
San Diego	5	5	0	.500	274	211
Denver	3	7	0	.300	217	287

NATIONAL CONFERENCE

EAST	W	L	T	Pct	PF	PA
Philadelphia	7	3	0	.700	284	226
N.Y. Giants	6	4	0	.600	253	220
Washington	5	5	0	.500	202	245
Dallas	3	7	0	.300	229	271
SOUTH						
Atlanta	8	2	0	.800	256	192
New Orleans	7	3	0	.700	235	170
Tampa Bay	7	3	0	.700	209	206
Carolina	1	9	0	.100	117	252
NORTH						
Chicago	7	3	0	.700	191	146
Green Bay	7	3	0	.700	252	146
Minnesota	3	7	0	.300	172	226
Detroit	2	8	0	.200	234	237
WEST						
Seattle	5	5	0	.500	185	233
St. Louis	4	6	0	.400	177	198
San Francisco	3	7	0	.300	160	219
Arizona	3	7	0	.300	188	292

WEEK 11

Last night's result
San Diego 35 Denver 14
Sunday's results
Atlanta 34 St. Louis 17
Baltimore 37 Carolina 13
Buffalo 49 Cincinnati 31
Dallas 35 Detroit 19
Green Bay 31 Minnesota 3
Jacksonville 24 Cleveland 20
Kansas City 31 Arizona 13
New England 31 Indianapolis 28
New Orleans 34 Seattle 19
N.Y. Jets 30 Houston 27
Pittsburgh 35 Oakland 3
Tampa Bay 21 San Francisco 0
Washington 19 Tennessee 16 (OT)
Philadelphia 27 N.Y. Giants 17
Thursday's result
Chicago 16 Miami 0

WEEK 12

(All times Eastern)
Thursday, Nov. 25
New England at Detroit, 12:30 p.m.
New Orleans at Dallas, 4:15 p.m.
Cincinnati at N.Y. Jets, 8:20 p.m.
Sunday, Nov. 28
Green Bay at Atlanta, 1 p.m.
Tennessee at Houston, 1 p.m.
Minnesota at Washington, 1 p.m.
Pittsburgh at Buffalo, 1 p.m.
Carolina at Cleveland, 1 p.m.
Jacksonville at N.Y. Giants, 1 p.m.
Kansas City at Seattle, 4:05 p.m.
Miami at Oakland, 4:05 p.m.
Philadelphia at Chicago, 4:15 p.m.
St. Louis at Denver, 4:15 p.m.
Tampa Bay at Baltimore, 4:15 p.m.
San Diego at Indianapolis, 8:20 p.m.
Monday, Nov. 29
San Francisco at Arizona, 8:30 p.m.



Crossword



Across
1 Baseball headgear
5 Flaccid
9 That woman
12 Sandwich cookie
13 Declare
14 Massachusetts cape
15 Football interplay
17 Carpet
18 Horse of another color?
19 At that point
21 Bewildered
24 Cat call
25 Spiked club
26 Not rigid
30 Blunder
31 French seaport
32 Atmosphere
33 Brownish songbirds
35 Dog bane?
36 Squad
37 Decorates unnecessarily
38 Desert plants
40 St. Vincent Millay
42 "This tastes awful!"
43 Acquired however possible
48 Sheltered side
49 Grand tale
50 Give a darn
51 1960s hallucinogen
52 Cold and clammy
53 Paradise

Down
1 Romaine lettuce
2 Curved line
3 Apiece
4 Evening get-together
5 Dalai
6 Terrible guy?
7 "Family Guy" daughter
8 Alleged purpose
9 Nut
10 Session with a shrink
11 Advantage
16 Extinct kin of the kiwi
20 polloi
21 Iowa city
22 Bank bailout acronym
23 Relieved an itch
24 Disarray
26 Gift-tag preposition
27 Kareem, long ago
28 Told a whopper
29 Geological periods
31 Cooked slowly in a closed pot
34 On pension (Abbr.)
35 Husband-to-be
37 Wildebeest
38 Select from a group
39 Census statistics
40 Ireland
41 Wharf structure
44 Bookkeeper (Abbr.)
45 Wander about
46 Before
47 Lair3 .

▶ Yesterday's answer



Sudoku

		6		1			9	
						7		
1	4	2	8	7				5
2		5	3			1		
				5				
		3			6	2		8
3				8	1	6	2	7
		8						
	5			3		4		

How to play

Fill in the grid, so that every row, every column and every 3x3 boxcintains the digits 1-9. There is no math involved.You solve the puzze with reasoning and logic.

Yesterday's answer ▶



Send a KISS

Show some love! Send a note to somebody special at kiss@metronews.ca

Hi Boo, Sorry I have to be away again and the week long trips are the worst. I miss you so much and can't wait to come home and snuggle.
LOVE YOUR BEAR

Glenna, I love you with all of my heart and I want to spend the rest of my life with you. You are the most beautiful person on the planet and I miss your card tricks by the way!
LOVE, JOEL XOXOXO

gorde, I want to wish you a very happy birthday and promise this year will be better than the last.
XTASCY

Samantha babe, you are the most amazing person I've ever met. words cant describe my love for you. i love you, and i always will no matter what. cant wait for the months ahead!
WITH LOTS OF LOVE - AARON

A look at the weather

TUESDAY	WEDNESDAY	THURSDAY
Min -23° Max -19°	Min -26° Max -17°	Min -19° Max -5°

Andrew Schultz, Meteorologist
"I get to spread the word on how your day, evening or weekend will shape up with our ever-changing weather here in Alberta". **WEEKDAYS 6AM**

BT BREAKFAST TELEVISION



For today's crossword answers and for expanded horoscopes, go to metronews.ca

Today's horoscope

♈ Aries March 21-April 20 You may have to work twice as hard tomorrow to catch up on the things you should do today, but that's okay. If you're not in the mood to push yourself why force it?

♉ Taurus April 23-May 21 Are you getting something back for the time and energy you are putting in to solving other people's problems? If not, you might like to reconsider your decision to help them.

♊ Gemini May 22-June 21 You don't need to tear everything down and start again. There is precious little wrong with your life as it is, despite what some people may be trying to tell you. Listen to their advice, but feel free to ignore it.

♋ Cancer June 22-July 22 It may seem as if your progress on the work front is limited, but it won't be long before you get some clear signs that you are on the verge of a breakthrough.

♌ Leo July 23-Aug.23 You seem to be having some heavy thoughts today. Most likely it's just the hangover from the party life you indulged in over the weekend finally catching up with you. You can't escape it forever, you know.

♍ Virgo Aug. 24- Sept. 22 You may be the victim of a whispering campaign, but there is no reason to get worked. Most likely it is one disgruntled person stirring things up. Everyone else still likes you.

♎ Libra Sept. 23-Oct. 23 Saturn in your sign makes it difficult for you to understand why people act in certain ways, but there's no point getting annoyed because you won't change them.

♏ Scorpio Oct. 24-Nov. 22 You are at the halfway point of a project and must see it through. If you give up now, you will look back and wonder what might have been. Find that Scorpio staying power.

♐ Sagittarius Nov. 23-Dec. 21 The Sun's move into your sign has filled your head with seriously big plans but don't just throw yourself at them without any thought – that's inviting disappointment. Take your time and get it right.

♑ Capricorn Dec. 22-Jan. 20 Some unfortunate person is going to be on the receiving end of your sharp tongue today. Once you've let off steam make a point of making up again. You need each other.

♒ Aquarius Jan. 21-Feb. 18 Don't take anything too seriously today. Getting worked up about this or that injustice won't make things better. Stay calm and find practical ways to help. It's what you're good at.

♓ Pisces Feb. 19-March 20 You want to help people who are struggling but you also want them to learn to help themselves, so a balance will be necessary. The real effort must come from them.
SALLY BROMPTON

ALIK KEPLICZ/THE ASSOCIATED PRESS

Caption contest



WIN!

You write it!

Write a funny caption for the image to the right and send it to metronews.ca — the winning caption will be published in tomorrow's Metro.

PETER MORRISON/THE ASSOCIATED PRESS



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MEXICO

Los Cabos
Royal Solaris Los Cabos Resort & Spa • 4 ★
All-Inclusive • Deluxe rm.
Jan. 22 • 1 wk.
$899
+Taxes & other fees: $259

Puerto Vallarta/ Riviera Nayarit
Meliá Puerto Vallarta • 4 ★
All-Inclusive
Deluxe garden view rm.
Dec. 18 • 1 wk.
PRIVILEGES
$1099
+Taxes & other fees: $283

Cancun/Riviera Maya
Gran Bahia Principe Tulum • 5 ★
All-Inclusive • Standard rm.
Jan. 30 • 1 wk.
$1129
+Taxes & other fees: $246

CUBA

Varadero
Sirenis La Salina Varadero Beach Resort • 4 ★
All-Inclusive • Standard rm.
Jan. 9 - 23 • 1 wk.
$1099
+Taxes & other fees: $153

Santa Clara
Barceló Cayo Santa Maria • 4 ★
All-Inclusive
Junior suite
Jan. 30 • 1 wk.
$1129
+Taxes & other fees: $246

MEXICO

Ixtapa/Zihuatanejo
Barceló Ixtapa Beach • 4 ★
All-Inclusive • Superior rm.
Jan. 1 • 1 wk.
PRIVILEGES
$1199
+Taxes & other fees: $256

JAMAICA

Sunset Jamaica Grande Resort & Spa • 4 ★
All-Inclusive
Traditional standard rm.
Jan. 3, 10, 17 & 24 • 1 wk.
FREE upgrade to oceanfront rm.
PRIVILEGES
$1259
+Taxes & other fees: $98

DOMINICAN REPUBLIC

Punta Cana
Occidental Grand Punta Cana • 4 ★
All-Inclusive • Junior suite
Jan. 4 - 25 • 1 wk.
$1299
+Taxes & other fees: $152

Gran Bahia Principe Punta Cana • 4 1/2 ★
All-Inclusive • Junior suite
Jan. 4 - 25 • 1 wk.
PRIVILEGES
$1749
+Taxes & other fees: $152

USA via Calgary

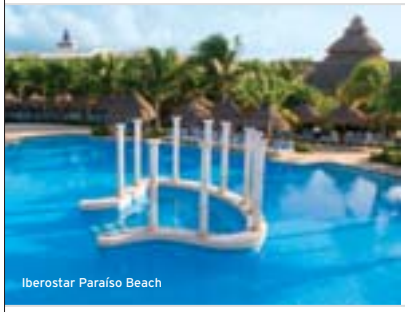
New York City
Wellington Hotel • 3 1/2 ★
Double one-bed rm.
Jan. 10 - 31 • 3 nts.
$799
+Taxes & other fees: $140

HAWAII | Maui

Maui Coast Hotel • 3 ★
Double deluxe rm.
Jan. 10 • 1 wk.
$989
+Taxes & other fees: $115

CRUISE

Carnival Cruise Lines[1]
Carnival Victory®
Southern Caribbean Cruise
Flight to San Juan via Toronto
Interior stateroom, cat. 4D
Mar. 20 • 1 wk.
$1279
+Taxes & other fees: $159


Iberostar Paraíso Beach

IBEROSTAR HOTELS & RESORTS

MEXICO

Cancun/Riviera Maya
Iberostar Paraíso Beach • 4 ★
All-Inclusive • Hotel rm.
Jan. 16 • 1 wk.
$1019
+Taxes & other fees: $246

JAMAICA

Iberostar Rose Hall Beach • 4 1/2 ★
All-Inclusive
Standard garden view rm.
Jan. 10 & 17 • 1 wk.
$1489
+Taxes & other fees: $98

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